







LOUIS VUITTON









GQ.co.za



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cetter Editor

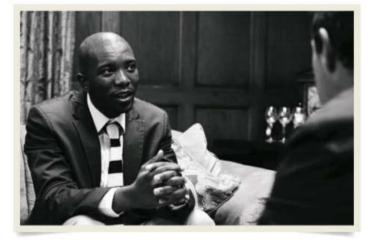
A powwow with the power players that be

t's a line-up with oomph this month. In pole position is a man who makes our daily struggle seem all too humdrum. Lewis Hamilton gambles with his life for a living. His office may be small, but the power he teases out of his machine - and the G-forces he confronts each time - is staggering. During a race his heartbeat can climb to 170 beats a minute, which, as he points out, 'can be lethal'. So yes, once he's knocked off from work he likes to relax by walking the dog, going mountain biking and stuff like that. He's your average GQ guy who just



GQ - 15 YEARS: October 2000 Cover no. 10 Twenty-one and

pop's top act Britney Spears covers GQ.



happens to have a big supercar collection, own a home with a recording studio in Monaco, and sport a tattoo that reads, 'powerful beyond measure' (p86).

It has become evident that it's easier than ever to become an entrepreneur thanks to sophisticated online tools - well, for some of us, anyway. Alpesh Patel, the founder of the first African-owned mobile phone startup, has some practical advice on taking the leap from stable job to something more fulfilling (p61).

Mmusi Maimane grew up relishing the cut and thrust of Soweto politics. Six months into his new job, he is over the Obama comparisons and accustomed to the high tempo his role as leader of the opposition demands. One of the tougher adjustments he has had to make, he confides, is taking on an opponent who is old enough to be his grandfather. Maimane has a steely strength to go with his oratory skills. His views on government cronyism and corruption are clear: Eskom must fall: the nuke deal must be averted: President Zuma must not be allowed to stand for a third term. 'We will fight it with everything we have,' he told me from his office in Parliament. 'I'm up for the fight; I love it.' His is a calm power - no bluster, no arrogance (p96).

Craig Tyson

Editor, South Africa's most stylish men's magazine

Startups, leaders and style, all on GQ.co.za

Contributors



Antonia Steyn Photographer

Pages 107 - 114

Antonia graduated from UCT in 2000, becoming a full-time photographer in 2005. Her 2008 shoot with Eugène Terre'Blanche won her an ABSA L'Atelier Merit Award. In 2011 her triptych Steyn & De Villiers won the Vuleka Art Award, and she was listed as one of the Mail & Guardian's 200 Young South Africans.



Ernesto Escobedo Writer

Pages 86 - 90

In his capacity as a journalist Ernesto has worked for Australian television broadcaster Access 31 and Radio Fórmula, one of the maior media outlets in Mexico. as well as in the communication departments of L'Oréal and Deloitte. He's also served GQ Mexico as a web editor and, more recently, as managing editor.



Anushka Menon

Photographer

Pages 92 - 95

Anushka began her career in 2005 as one of India's youngest female photographers to have worked in the beauty and fashion industry, shooting for top international magazines. More than a decade later, her work continues to evolve as she explores and pushes the boundaries of her signature simplistic style.



Lay-lah Salie Fashion Assistant

Pages 107 - 114

Whenever Lay-lah is out of the fashion office, you can find her enjoying water sports, admiring luxury cars and putting as much work into the world of style as she does into her passion for food. When asked about her work, she'll tell you that being on the set of a shoot is her favourite part of the job.



Feedback*

WEBSITE: GQ.CO.ZA TWITTER: @GQDOTCOZA FACEBOOK: FACEBOOK.COM/GQSOUTHAFRICA MAIL: GQ@CONDENAST.CO.ZA GO ON THEN, SEND US A HAND-WRITTEN LETTER: GQ FEEDBACK, PO BOX 16414, VLAEBERG, 8018 Include your contact details



MAKE YOUR MARK

Dear GQ,

Your article on David Beckham shows what hard work and dedication can do to one's profile. The media played a role in turning Beckham into a global brand. In his case he was able to rise above the criticism to become a better sportsman, father and husband. Beckham was not the best footballer of his era, but, with dedication, he turned his career around to become a global brand. If he can do it, so can everyone. Beckham has confounded the old assumption that we worship the qualities we aspire to have good breeding, glamour, refinement and his success speaks not so much to the idea that everybody can be a somebody, but rather that everybody can stay one.

- Stephen Ntsoane

Stephen has won an Obaku Denmark watch worth R2 595

BUTTON UP AND FLY RIGHT

Dear GO,

That advice you gave us gentlemen on how/when to button/unbutton a jacket really struck a chord a with me. My late dad gave me that tip many years ago and I always cringe when I see someone, especially on television, wearing a jacket with all the buttons done up. Thanks and keep it up! – Magosi Magakwe

Twitter

@GQdotcoza

Awesome article; @AryeKellman is the best & he lives what he says #InteractiveShows

- @cindvmundow

The Wealth section from your Dec/Jan issue changed my goals in life; been an avid buyer ever since. – @Mlu_taj

CASUAL FRIDAY DONE RIGHT

So your boss gives you some leeway – or maybe you're your own boss – but there's no need to drop the ball. Stay on point with these picks.





Tiger of Sweden trousers R2 699

The issue by numbers

TWENTY FIVE EXPLOSIVE FILMS

O DRINK
HIS MONTH
FIVE
INE-ART
BMWS

O CHARGE
CATE
IN LEVE
HAMILTO
GARA
EVENTO CHARGE
CHARGE
CHARGE
CHARGE
CHARGE
CHARGE
CONTRACT

THINGS TO DO
IN BUSINESS

USINESS LASS

\$50 BILLION
UBER'S LATEST VALUATION

RUZCRUZ RUZ

A Cruz Vintage Black Vodka hamper worth R1 200

Cruz Vintage Black Vodka is a premium handcrafted vodka from the Cruz Premium Vodka company NY. It's distilled five times and charcoal filtered three times using the finest American winter wheat, and blended with pure water, producing a vodka with intense purity and exceptional smoothness. Cruz Vintage Black is fast becoming one of the most stylish brands with its iconic jet-black bottle and designer feel.

TOENTER

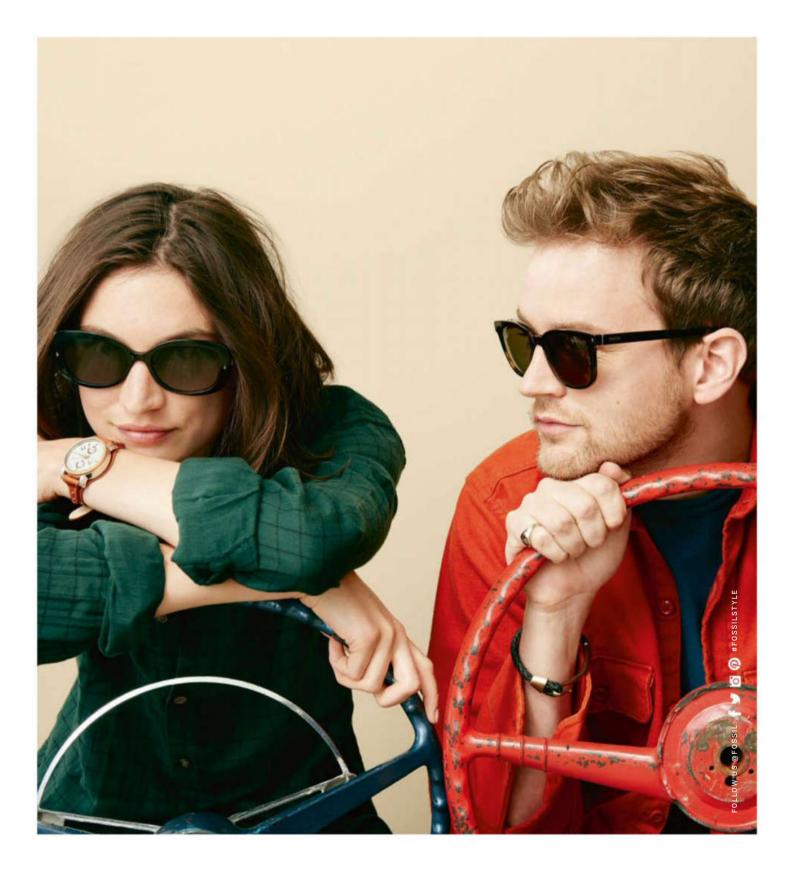
Send us feedback on what you've seen in the mag/online (max. 150 words) along with your full name, ID number, and name of the prize as the heading/subject. Competition ends 31/10/15. Terms and conditions apply; see pg127.



Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.











and Zombies (she auditioned with a martial-arts sequence). Speaking from the churning waters of a Los Angeles hot tub (after a 'really stretchy' yoga session that 'was really fucking great, actually'),

See the behind-the-scenes video of Suki's shoot at GQ.co.za

'I studied karate growing up - I'm a brown belt - and me and my sister used to beat the crap out of each other's



Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

Missibaba bag R9 900

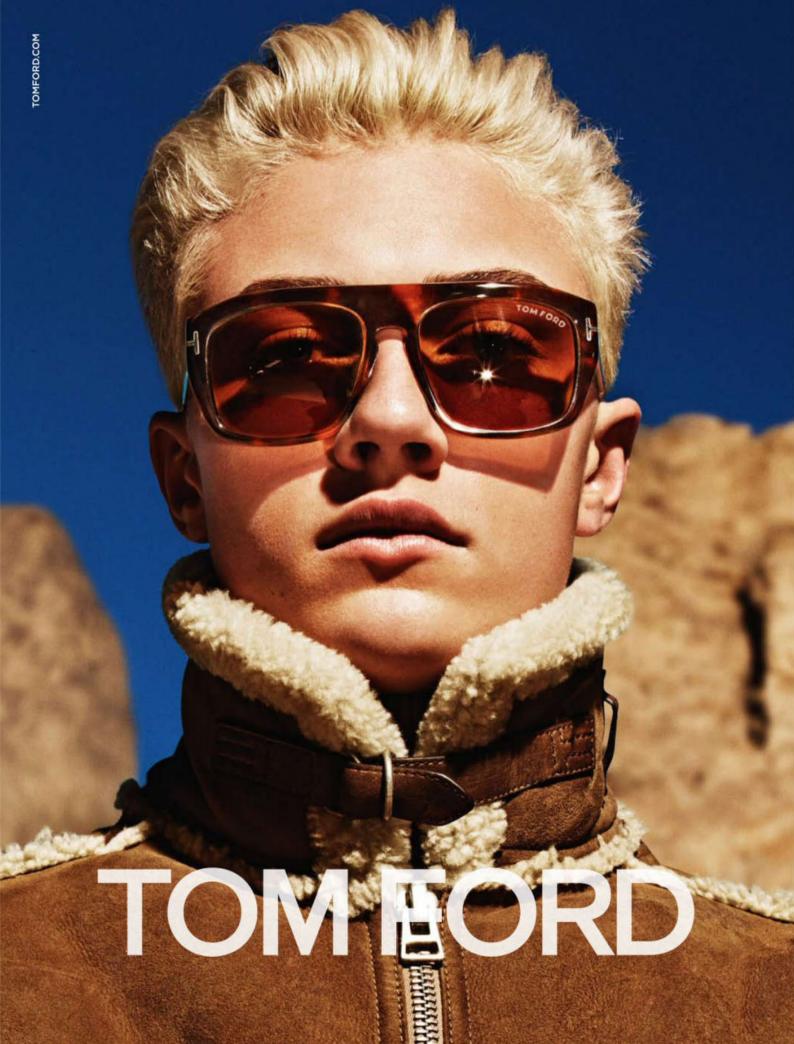
uide on **GQ.co.z**

G-Star Raw shorts R600

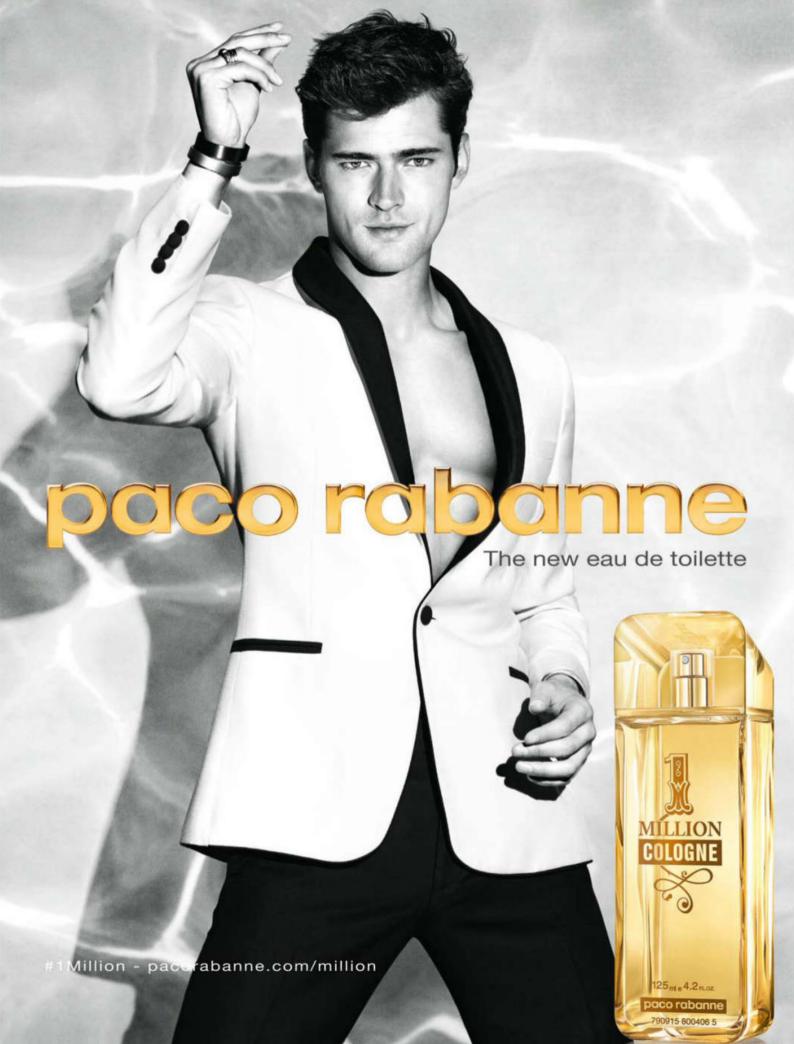
Vans sneakers R699













Words by Paul Sephton

earing an SPF is no about the oil spill of smother that covers and clogs your face. Pocket-friendly face creams are now making it possible to wear face protection with a light-feel matte finish. The only catch? A price premium for the milk-like fluids made up of top-shelf ingredients. Mostly lighter than even your average moisturiser, they spread and absorb easily, and are going to be your biggest assets this summer when it comes to fighting the signs of ageing. **©**

1. For the city slicker:

Clarins UV Plus Anti-Pollution Sunscreen SPF50 30ml R465

2. For the businessman:

Chanel UV Essentiel SPF50 30ml R790

3. For the anti-ager:

Sensai Cellular Protective Cream for Face SPF30 50ml R1 405

4. For the beach bum:

Dermaceutic Sun Ceutic 50 50ml R475

5. For the travel bag:

La Prairie Ultra **Protection Stick** SPF40 R875







Add some old-world ambience to your denims by wearing a lightweight perforated suede blazer. It's granddaddy chic, super sensual and adds an element of texture to a look that is evocative of sport design.

John Craig jacket R1 199. **Topman** shirt R649

Don't shy away from lighter denim - it can be worn smarter. Be sure to pick a slimmer and tapered pair, as this is instantly more modish. Avoid distressing of any kind.

Ben Sherman jeans R2 200

Add laid-back elegance by sporting a pair of suede slippers. Darker is always smarter. Go for hidden socks the flash of ankle makes the look feel more awake.

Trenery loafers R1 800. Skagen at S Keren watch R3 799



Textures, cuts and colours -four ways to pinpoint the best bits of your outfit

Words by Jason Alexander Basson

ASHION IS HEADING IN THREE DIRECTIONS - smart, sensual and more functional. As such, you should be thinking about cleaning up your style in the coming months. Here's how you can be smarter about your wardrobe while beefing up the haptic quality of your clothes.



Look debonair in denim.







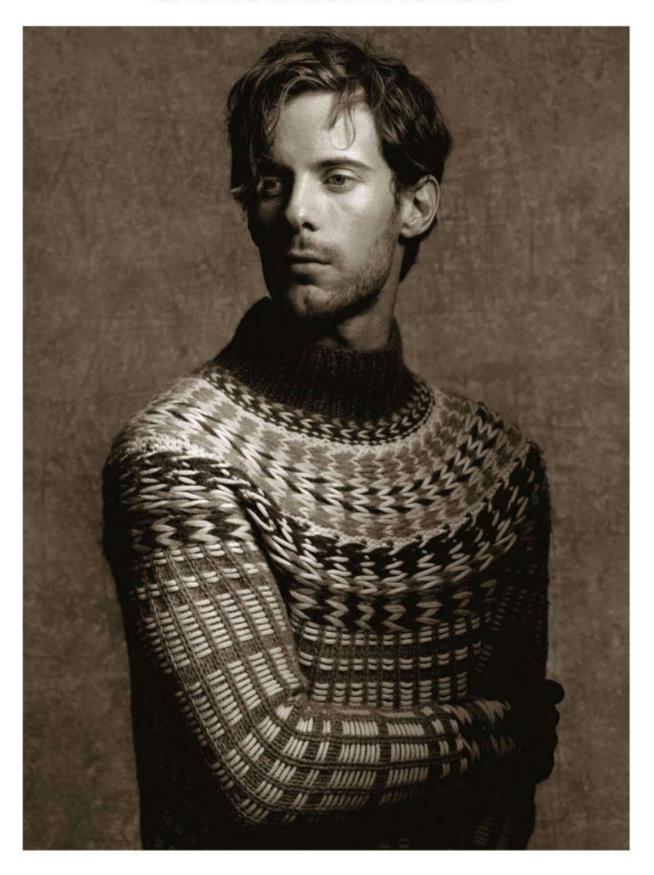
I.N.O.X.

Forged to resist 130 tests. The highest quality standards for ultimate functionality.

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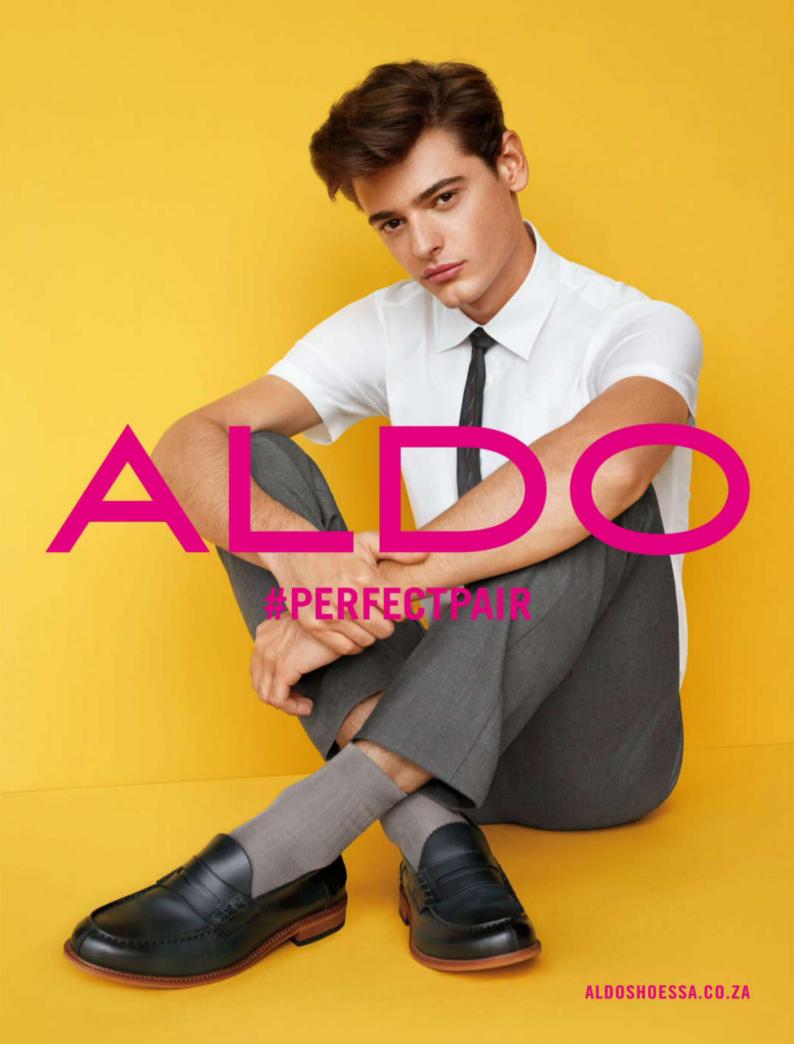


NORWEGIAN WOOD

Wild Reindeer Centre, Norway

Built by architectural firm Snøhetta, this organic hut is in the heartland of Europe's last surviving wild caribou herds. The log-like pavilion, located near a national park, is open to the public every day of the year and is used to observe reindeer. The structure is designed with a 'rigid outer shell and an organic inner core', with an emphasis placed on quality and durability because of the harsh climate. With help from 3-D digital models, the wooden forms were created in a traditional method using only wooden pegs as fasteners. The architects described the building as a 'shelter'. 'The cave with its integrated benches interprets the intimacy generated between people and landscape,' says a Snøhetta spokesman.





ESSENTIALS | DESIGN

Inner city

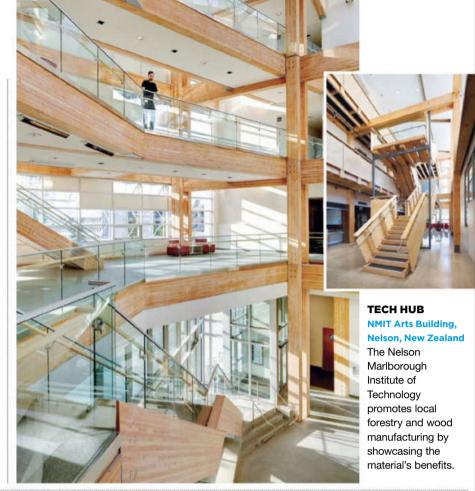
WOOD IS TAKING ROOT IN CONSTRUCTION INTERNATIONALLY.

Seattle-based architect Joseph Mayo celebrates the trend in a new book Solid Wood: Case Studies in Mass Timber Architecture, Technology and Design. 'People had started asking: "Why can't we do ambitious projects with timber?" he writes. 'The answer that keeps coming back is that, actually, you can.'

Plyscraper projects proposed include a 20-storey vertical farm in Vancouver, an 84m-tall, 25-storey, tower in Vienna and a 12-storey building in Bergen, Norway, that is under construction.

In the UK, where London already has a nine-storey laminated timber tower, the number of new timber houses increased by 14 per cent last year to 37 000. The share of timber construction also increased.

But isn't this boom aiding deforestation? Not necessarily: the trees eventually die, but their wood is unharmed - and if left to rot, they would contribute huge amounts of CO2 to the atmosphere. Using them in construction locks away this carbon.





ROOFTOP PIONEER

Earth Sciences Building, Vancouver, Canada

Completed in 2012, this was the first building in North America to use cross-laminated timber in the roof canopies. The wood stores about 1 094 tonnes of carbon.



POST-AND-BEAM STRUCTURE

Tamedia HQ, Zurich, Switzerland

The 23m tall wooden columns spaced over the 18m width of the building allows for an open-plan all-wood office. The beams are connected with oval-shaped beech rods.



NET-ZERO-ENERGY OFFICE

Bullitt Centre, Seattle, USA

The first tall timber-framed building to be built in Seattle for 70 years, has four wooden upper levels on a concrete base, and generates all its power via solar.



MINIMA

If you're looking for a lighter touch in your home or office, timber is your material. Architect Jacques Cronje, founder of Timber Design, has created Minima, a business focusing on timber

as a base material. Fine-grain birch plywood is laser cut into puzzle-piece sections and hand pieced together using only forces of tension and compression (no bonding agents are implemented)

to form light, elegant and organic architectural forms and structures.

Minima designs are available at selected stockists in Cape Town, Jo'burg and along the Garden Route. minima.co.za 🚱



Orville Wright taking first flight with brother Wilbur running alongside at Kitty Hawk, North Carolina, 17 December 1903.

Image credit: WSU/planepix.com



A FEW SELECT PEOPLE HAVE BEEN GIVEN PART OF THE WORLD'S FIRST AIRCRAFT. PRESIDENTS, ASTRONAUTS AND ANYONE WITH A BREMONT WRIGHT FLYER.

The Bremont Wright Flyer is a tribute to the Wright Brothers' famous aircraft. It's remarkable to look at. But what makes it even more remarkable is that it features actual material from that very first aircraft. The watch also features another first: our first proprietary movement, the BWC/01. The Wright Flyer is available now in a limited edition. But it's unlikely to be available for long.





THE BREAKDOWN	Tylt	Nokia	Aircharge	Samsung	Sony	Vertu
Weight	162g	93g	160g	51.2 g	51g	283g
Dimensions (W x D x H)	89 x 190 x 12.7mm	60 x 120 x 11mm	80 x 80 x 17mm	73.1 x 73.1 x 9.2mm	78 x 78 x 7.7mm	78 x 165 x 22mm
USB or mains	Mains	USB	USB	USB	Mains	USB



🚹 TYLT VÜ

The Tylt VÜ is great as a bedside charger, and on your desk at work. Downside? Like all the chargers here, you'll need a case to use with an iPhone.

R1100, tylt.com

Win: Ideal design as a desk charger. Fail: Takes up a lot of room; not cheap.



2 NOKIA DT-903 WIRELESS CHARGING PLATE

An acquired taste in terms of palette (along with headache orange, it comes in white). The Nokia Plate uses a soft light to indicate charging, which could be annoying as a bedside light. Bonus: unlike Sony and Tylt, it plugs in via USB.

R900. microsoft.com

Win: Stylish (if you're into all that). Fail: Unwieldy size: light feels intrusive.



3 AIRCHARGE

At its heart, the Aircharge is a slick metal puck, yet using it on your bedside table requires inserting it into a clunky base unit designed for the 80mm-wide hole bored in many work desks for cables.

R2 300, za.mobilefun.com

Win: Good if you want a charger flush with your desk.

Fail: Clunky design, annoying beeps.



4 SAMSUNG COMPACT **WIRELESS CHARGING PAD**

Unlike many mains chargers, Samsung's charging pad stops charging once it's full, and has a discreet light to tell you it's working. The catch? To charge current Samsung phones, it requires a case.

R445, samsung.com

Win: Neat; unobtrusive. Fail: Samsung devices need additional charging accessories.



SONY WIRELESS CHARGING PLATE WCH10

Sony's WCH10 weighs only 51g and measures 78mm in diameter, meaning that, in play, your phone dwarfs it, and so appears to float. It also has a soft white ring light, showing when it's fully charged.

R1 010, sonymobile.com

Win: Neatest and most stylish on test. Fail: Could be cheaper.



VERTU V WIRELESS **CHARGING PAD**

As you may have expected, the pad's leather surface complements a Vertu phone's back; a low-key 'bong' signifies a charge, and the stand's slant is ideal for your desk. Not cheap, but worth it.

R8 100, vertu.com

Win: Effortlessly stylish design. Fail: Did we mention the price?





hile there's no denying that South Africa has some of the best wild animal reserves on the continent, Tanzania offers the quintessential safari experience. Tourists flock to the country to witness the largest migration of animals on the planet and see the Ngorongoro Crater, a natural wonder that makes *The Lion King* seem almost believable. Despite the hordes of safari vehicles, packed with foreigners and their gigantic lenses, Tanzania has managed to maintain its authenticity. But go soon – the country is plagued by elephant poaching that has seen its herds dwindling rapidly.

Serengeti Migration Camp **SERENGETI**

As we fly over the Serengeti, it becomes evident why the Masai name for the area means 'endless plains' - the grassy flatlands extend for 15 000 square kilometres. At the Seronera Airstrip in central Serengeti. I see an elephant close to the runway as our Cessna aircraft touches down. It's a taste of just how good the game viewing is going to be. By the time we get to camp, we've seen 11 sleepy lions hanging from one tree. Our guide tells us that they climb up there to avoid the Tsetse flies. The minute the game vehicle comes to a halt, those same flesh-biting insects begin mauling us. It's like a scene out of The Hunger Games as we retreat to a fly-free tent in the Serengeti Migration Camp. The mobile camp tracks the famed wildebeest migration and, although we aren't fortunate to witness it during our stay, the density of game in the area is high. My favourite sighting isn't that of an animal though - it's watching that Serengeti sun set behind an acacia tree, from the back of a Land Rover, with a beer in hand.





Legendary Lodge ARUSHA

Legendary Lodge is likely the closest you'll get to living out your own version of Out of Africa. The 1920s homestead - on a working coffee plantation at the foot of Mount Meru - has a colonial-Africa-meets-Biggie Best interior and a verandah lined with antique wooden chairs and drinks tables with brass ashtrays. The guest cottages are dotted around the main area, which is surrounded by thick, lush coffee plants bearing red beans. My first safari experience is a gin-and-tonic mosquito repellent before tucking into a three-course meal. I awake at six the next morning to a staff member delivering fresh coffee and rusks. Legendary Lodge is a convenient stopover about an hour from Kilimanjaro International Airport, and a short drive from the airstrip from which you can catch local flights to Lake Manyara Airstrip and on to the Ngorongoro Crater and the Serengeti.





it's not me it's you

DIESEL



Singita Sasakwa Lodge

The Grumeti Reserves is a 350-acre concession situated next to the Serengeti National Park. It's home to four Singita lodges. The Rolls Royce of safari lodges, Sasakwa Lodge has a European-meets-East-African feel and every room is beautifully furnished. Our private villa comes complete with a pool that overlooks the Serengeti. The view is ridiculous. Lodge manager Tansy Vaughan tells me that she's been working here for 10 years, and the view still takes her breath away each day. Because the reserve is privately owned, vehicles are allowed off road, which gives quests prime access to some of





the best sightings. The reserve is shared between four permanent lodges and one mobile camp. Each lodge has its own drawcard: Sabora Tented Camp overlooks a waterhole and boasts an interior that looks like it was designed for Ernest Hemingway; Faru Faru Lodge has a modern, Scandi feel and Serengeti House can be hired out. Many guests spend a few nights at each. And while Singita doesn't like to disclose the types of quests who visit, I notice Al Gore having lunch across the way from me. The lodge's details are renowned. From a jacked-up antipoaching unit, to horseback safaris during which guests can ride with the wildebeest during their migration, they have it all.



Sanctuary Ngorongoro Crater Camp NGORONGORO CRATER

The Ngorongoro Crater is a collapsed volcano whose giant basin is filled with an array of landscapes and an astonishing variety of game. To reach the floor of the Ngorongoro Crater, we make our way along a steep road, past lush highland forest. Sanctuary Ngorongoro Crater Camp is a mobile camp of 10 luxury safari tents located at the rim of the crater. The sanctuary is run up by a small staff, and shifts around every few months to allow the vegetation to grow back. One of the greatest benefits of the camp is that it's located a short drive from the gate to the crater floor. We see lion next to wildebeest, across from zebra, a few metres from elephant, and are fortunate to have a Masai warrior watching out for any prying cats. 'The lions know not to go near the Masai,' our guide tells us. Ngorongoro Crater is one of the few national parks that allows the Masai to graze their cattle within the reserve.



See Tanzanian hot spots - plus a guide to Tanzanian fashion - at **GQ.co.za**

Plot your course Rob Murray John, a travel expert at Black Tomato, gives you the answers to some FAQs

Do I need to go all the way to Tanzania when I have the South African bush on my doorstep?

Yes – Tanzania offers travellers the chance to view the world's largest migration. It also offers a wide variety of landscapes, from the Serengeti to the Ruaha National Park and Selous, so guests can enjoy several different locations and safari experiences in one trip. Being located on the Great African Rift Valley, Tanzania's landscapes are dotted

with active and distinct volcanoes, such as the Ngorongoro Crater, which make for an unusual and breathtaking backdrop. It's a experience that you simply can't get in, say, the Kruger.

Why do I need a specialist to plan my trip - surely I can plan a safari in Tanzania on my own?

Multi-stop safari trips can be tricky to arrange when travelling between game reserves.

Experts plan every small detail so you don't have to worry about a thing while you're travelling. When dealing with high-end or complex itineraries and holidays, it's also important to make sure you are getting value for money and to know you're not paying more than needed.

Mary Holland went on safari with Black Tomato: creators of luxury, tailor-made holidays.





Words by Paul Sephton



ROYAL DIETETICS, RENAISSANCE BODY SCIENCE INSTITUTE, ALEXROYALDIET.CO.ZA. PHOTOGRAPH BY PAUL SEPHTON

GIN SCHOOL 2

Fever-Tree co-founder **Andrew Harris** on the winning ain combo

GQ: Fever-Tree uses natural quinine. How does this compare with the artificially made stuff? AH: We use the purest source of quinine, grown in the Congo. It's a clean-tasting tonic with no artificial bittering agents. GO: What is your perfect gin-totonic ratio? **AH:** 1:3 GQ: What alternative garnishes would you recommend, besides lemon or cucumber? AH: A peel of orange, twisted to release the oils. and then placed into the glass is a favourite. Part of the enjoyment of a G&T is playing with different

garnishes. GQ: Is it better to have a highly carbonated mixer or something with finer bubbles? **AH:** Fortunately the two aren't mutually exclusive. We've created a highly carbonated range with fine, delicate bubbles for exceptional mouth feel.

tonics and

More gin cocktails and the best places to drink them at GQ.co.za

The hangover breakfast

Top meals to help your morning-after hurdles

We know the feeling: waking up and assessing the damage after one too many the night before. With the last lights on in our brain, food is the calling. Here's your GQ guide to nursing your wounds, with snack advice from Renaissance Body Science Institute dietitian Alex Royal.

Knead's breakfast pizza

INGREDIENTS

- 750g pizza dough (Go to GQ.co.za for recipe)
- 150ml roast tomato sauce
- 80a fresh buffalo mozzarella
- · 8 large pan-fried rosemary field mushrooms
- 120g baby tomatoes, halved
- 8 rashers crisp cooked bacon, torn into bitesized pieces
- 4 good quality cooked beef sausages, sliced
- 4 large eggs
- 40g fresh rocket

METHOD

One hour before baking, place a terracotta baking stone in the oven and preheat the oven to 250°C. Roll the bases out and spread with tomato sauce.

Slice the mozzarella and divide evenly between the pizza bases, placing them randomly. Slice the mushrooms and divide evenly between the pizzas. Top with baby tomato halves, bacon and sausage

Make a well in the middle of each pizza for the egg, taking care not to puncture the dough. Break an egg into each well. Transfer onto the preheated terracotta tile and bake for six minutes or until

the edges of your base start to crisp up. Top with fresh rocket and serve. kneadbakery.co.za



'Tomatoes are a good source of vitamin C,

beta-carotene, and the antioxidant lycopene, which mop up any radicals introduced via smoking or eating unhealthy fried foods the night before.

Eggs contain a host of vitamins which you need after a night out. They also contain zinc, iron and phosphorous. Zinc is important for boosting your immunity which may have taken a beating with the alcohol'

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- Olympia Cafe 021-788-6396
- ► Arnolds Restaurant 021-424-4344

- ► Knead Bakery 011-884-9449
- 011-726-7716
- ▶ Warm & Glad
- ▶ Nice on 4th 011-788-6286

Four & Twenty Cafe's **Breakfast Tartine**



INGREDIENTS:

- 1 thick slice toasted Brioche
- 1 knob of butter
- 100a sliced porcini mushrooms (can substitute for mixed exotic mushrooms)
- Maldon salt and black pepper
- 1 free-range egg

- 20g baby spinach washed thoroughly
- Truffle butter (Go to GQ co za for recipe)
- 4 slices Brie cheese
- 1/2 avocado
- 1 drop truffle oil
- · Tomato and currant relish (Go to

GQ.co.za for recipe)

Preheat grill and move your oven rack to the highest position.

Bring a pot of salted water to the boil and sprinkle a few drops of vinegar into the water.

For the Porcini: Melt a knob of butter and add vour sliced Porcini mushrooms. Pan frv for a few minutes until the mushrooms are soft. Season with salt and pepper.

For the baby spinach: Melt the knob of butter and add your thoroughly washed spinach. Cover with a lid and allow to wilt for a minute. Toss through and season with salt.

Poach egg for exactly five minutes. Slice the avo and lay neatly towards the rim of the plate.

Smear a generous dab of truffle butter onto your toasted Brioche and then lay the sliced Brie on top of the buttered brioche and place under the grill for one minute until the Brie has melted.

Top the Brie cheese with the Porcini and spinach. Place your poached egg on top, and drip the smallest drop of truffle oil on top of the egg. Spoon a generous serving of tomato and currant relish into a ramekin and place on the side of the tartine. fourandtwentycafe.co.za



'Avocado is high in monounsaturated heart healthy fatty acids. It boosts

good HDL cholesterol, which transports bad LDL cholesterol to the liver to be broken down. Spinach is high in vitamins and folic acid. It also contains manganese and magnesium, and helps keep blood glucose stable, which can fall after drinking alcohol.' alexroyaldiet.co.za

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Short film, big talent -SA's **Mark Middlewick** teams up with Adrien Brody and Kevin Spacey

Words by Nkosiyati Khumalo

'It's definitely not a comedy more of a mini understated character study.' That's how Mark Middlewick describes his latest short film, The Mascot. Our protagonist, Adam, works a nine-to-five but his true passion lies in playing being Patrick the Panda, the mascot for the Pittsburgh Pandas basketball team. It's an identity he's borne for years, until he's unceremoniously replaced by a younger, more acrobatic mascotplayer, leading to an acerbic vet uproarious teleplay where the two mascots battle it out while the lines

between Adam and Patrick are smudged.

In stark contrast, the man behind the film has no doubts about who he is and what he wants to do. As a scriptwriter. researcher and director who once packed up and moved to Hollywood on a self-driven skill-building mission, Middlewick already has some strong credits on his reel -

including a Focus Features-produced short, Security, and award-winning music videos for artists like Nakhane Touré. It's clear the man is passionate about his art.

That passion turned to product this year as Middlewick became the fourth South African winner of Jameson's First Shot film competition. It was back to LA for him, this time to make *The Mascot* – produced by Kevin Spacey and his Trigger Street production team, and starring Oscar-winner Adrien Brody. Ahead of the premiere, we met Middlewick, Brody and Spacey in LA to discuss pandas, the importance of homegrown storytelling and life as an artist. >>

Adrien Brody: The balance of comedy and tragedy. And the complexity of being able to tell such a complex internal struggle for a character and still keep it grounded that's hard to convey in a screenplay. I responded to it and enjoyed the process very much. Mark is extremely talented and had a real vision for this. I think it also conveys an indifference - life doesn't care sometimes and you have to be okay with that. You have to be strong enough to surmount that.

Kevin Spacey: Just seeing Adrien in that panda costume killed me. The moment I read it, I thought: 'Yes!' I just think it's such an interesting story about obsession and loss. And also there's an offstage character, which is the audience - what they want and what they demand. I love the way the coach says: 'They want more,' and you hear the description of what the new mascot will be doing - Cirque du Soleil stuff. There were a lot of themes we thought were interesting to explore. GQ: Watching the film, it's hard to tell where Adam the character begins and

of the story intentional? Mark Middlewick: The little I'd heard about Adrien in terms of preparation is that he's

Patrick the Panda ends. Was that part





Kevin Spacey, Mark Middlewick and Adrien Brody; Brody as Patrick the Panda

in - I'm energised. I feel like our earliest experiences shape us a great deal, and if we're fortunate enough to work with people who are established, it bolsters us. And if we're shattered early on, it's very difficult to overcome. Most people whose artistic ambitions have been shattered very rarely get a chance to overcome that. I'd rather limit those obstacles we face with ourselves because I'm an artist - I've struggled for many years to achieve my success: it never came easily. And I still love what I do. I like to share that. I love what Jameson does with this programme and its support of the arts.

GQ: Throughout this process, what was vour best moment?

MM: I sent the first cut, and I was expecting hordes of notes, and I think Adrien sent three things to me. It was amazing to have that confidence instilled in me. [In the film] there's one instance where the camera stays on his face for the whole scene, and in the second version I cut away from it. He sent me an email saying: 'No, no, no - what happened to that initial cut where you just stayed on him?' He made me culpable for my own vision. KS: It doesn't get any better than watching him wearing that mascot costume.

GQ: And your scariest moment?

MM: Scene one day one, and I had an adjustment for Adrien and I didn't know if he was going to take it... from a director he didn't know. I went over to him, and it was incredible to have him put his ego aside, and fight for my creative vision, and was more than willing to give me the space to be culpable for my own vision.

Watch The Mascot short film at GQ.co.za

'We've got amazing crews in South Africa, so the experience was actually somewhat similar'

an actor who fully immerses himself in a character. Knowing that, it almost became a strange parallel, a metaphor, for the life of an actor, the life of an artist [such as *The Mascot's Adam*]. Sometimes you have to immerse yourself in something, and sometimes it's to the detriment of your personal life. I've only just started out [in my career] and I've already seen that you can really get lost in the work.

GQ: Mark, you've built up an impressive CV in a relatively short time. How do you think you've evolved during this process?

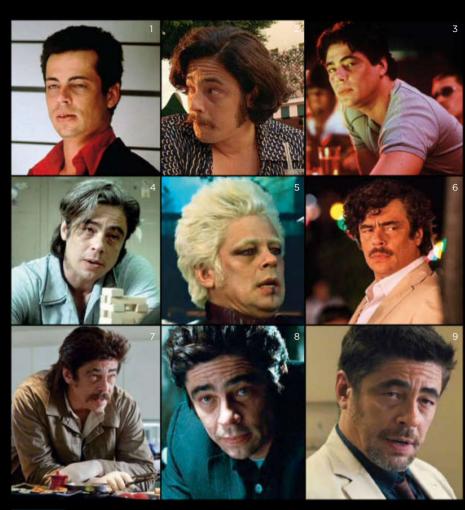
MM: It's given me a lot of confidence; that's the biggest thing. It's interesting that my film deals with loss. Just because I've won this competition doesn't mean I'm going to succeed in the future. I'm going to face a lot of disappointment. But it's really instilled in me that confidence to keep pursuing my dream. I know the fire that's burning inside of me now - I'm here in LA and cannot wait to get home and start making stuff. That gift is immeasurable.

KS: And that's amazing. There are a lot of places in the world where, if you want to be a filmmaker, in theatre or be an artist, there's nowhere to begin in your country you have to 'go'. Certainly there's a lot of places to start in South Africa, but what's great is when someone starts to think about writing about their own culture, about things they know, about the history that their country has. It's so important that you hang on to your own history and carve out homegrown work.

GQ: Apart from working with incredible talents, what was different about this experience for you?

MM: We've got amazing crews in South Africa, so the experience was actually somewhat similar. And it was strangely comforting to find out that no matter where you shoot films, the same logistical challenges arise.

GQ: Adrien, with this project you're working with an unknown director. Does that re-energise the process for you? AB: If I'm committed to something, I'm



MOVIES

DRUG Wars

Benicio Del Toro's many-faced talents bring a darkness to *Sicario*

Words by Nadia Neophytou

here isn't a character in the drug-trade circle Benicio Del Toro hasn't played. 'I've been the guy who does the drugs and isn't hurt, the guy who does the drugs and is hurt, the guy who sells the drugs, who works for the cartels, and the policeman who's trying in his humble way to make a difference,' he rattles off, sitting atop a hotel roof in the south of France.

It's a different character that has brought the 48-year-old Puerto Rican actor to the Cannes Film Festival this year. In *Sicario*, which opens on the big screen this month, he plays a lethal mercenary, enlisted to help a task team that includes co-stars Emily Blunt and Josh

Brolin track down an anonymous drug lord. But this year, the Oscar-winning De Toro has three films on show. A Perfect Day, in which he plays an aid worker, and The Little Prince, in which he lends his voice to the snake in the cinematic adaptation of the hit book, both accompany Sicario. He's used to juggling multiple roles, yet, he says, he still gets excited to be here. 'Every time you walk the steps of that red carpet, it's exciting,' he says, his eyes hidden by the Bulgari shades he is wearing on this Sunday morning – the night after Sicario made its sensational premiere.

He has reason to be particularly excited this year. Sicario has picked up buzz at the festival and earned positive reviews. It's the follow-up to Denis Villeneuve's Prisoners, the thriller pitting Hugh Jackman and Jake Gyllenhaal against each other that made the Canadian director a sought-after talent.

Sicario is similarly tense and thrilling, in the style for which Villeneuve has become known. 'It's a hybrid cartel and war movie,' says Del Toro. 'It's about the victims of the cartels and

The many-faced legend of film:

1. The Usual Suspects 2. Fear and Loathing in Las Vegas 3. Traffic 4. 21 Grams 5. Guardians of the Galaxy 6. Escobar 7. Savages 8. The Things We Lost in the Fire 9. Sicario

how America thinks it can solve problems outside of its borders with violence.'

For an actor whose stand-out performances in films based on the subject of drugs took him from being a small-time theatre actor to a fully-fledged movie star, Del Toro is full of praise for the angle that *Sicario* takes. And he's seen – and been – it all. From his early TV days as a drug-trafficker in the series *Drug Wars: The Camarena Story*, to *Traffic*, in which playing an honest cop won him his Best Supporting Actor Oscar, to *21 Grams*, in which his recovering drug addict ex-con earned him another Oscar nomination. Last year, he played notorious Colombian drug lord Pablo Escobar in the film *Escobar*.

'We're coming to a very critical period of that road of fighting the drug wars,' he says. 'It's been 15 years since that whole journey began,' he continues, referencing his turn on Traffic. 'And the situation has not improved.'

Del Toro takes a sip of his black coffee. 'Traffic reflected that time, and this movie is a product of its time too. There are avenues that haven't been explored, but the idea of fighting violence with violence is not working. It's like a gasp – like we're at a very critical point where the good guys are starting to lose their grasp on things. And I think this movie comes and tells us that it's not getting better. That violence is not going to solve anything.'

A method actor who studied at the Stella Adler Academy of Acting in LA, Del Toro likes to listen to certain music for each role. Right now he's humming *Exile on Main St*, the 1972 Rolling Stones album that was recorded in a house not too far from where we are talking. Whatever becomes his go-to on set, he always returns to his favourite band, he tells me. Del Toro's taste, like his characters, fall within a certain genre – for *Traffic*, he listened to Los Lobos and Bruce Springsteen's 'The Ghost of Tom Joad'; for *21 Grams*, a bit of Elvis and Johnny Cash.

There is talk that Del Toro will be back for the *Guardians of the Galaxy* sequel – the massive hit in which he played the small but pivotal part of The Collector. Then again, it may not, what with crime thriller *The Trap* coming up, which stars Al Pacino and James Franco. Del Toro may have played every kind of character in the drug world, but he still knows how to keep his range ever-evolving.

'We're coming to a critical period of fighting drugs. It's been 15 years since that whole journey began, and the situation hasn't improved'

What to watch

Edited by Evert Lombaert

BLACK MASS

Directed by Scott Cooper; with Johnny Depp, Kevin Bacon and Benedict Cumberbatch

Let all the Depp doubters and haters who have criticised the choice and similarities of his role choices repent! Repent we say!

Depp's menacing performance as the real-life South Boston criminal boss Whitey Bulger truly is phenomenal, will no doubt garner him various award nominations and will remain cemented as one of the most memorable of his career.

While the title of the book on which Cooper's film is based seems like a spoiler - Black Mass: The True Story of an Unholy Alliance Between the FBI and the Irish Mob - it is anything but that, since there are so many more elements at play. If you enjoyed Donnie Brasco, or Goodfellas, add this one to your collection.

**** Released 16 October



VICTOR FRANKENSTEIN **Directed by Paul** McGuigan; with

James McAvoy and **Daniel Radcliffe**

While it seems that most of the spotlight will be on the rise of one of horror's most recognisable characters. Victor Frankenstein (McAvoy), the title is somewhat deliberately deceiving. Here we

are presented with

the chain of events of Mary Shelley's 1818 novel Frankenstein as seen through the eyes of his assistant Igor (Radcliffe). The world director McGuigan (Lucky Number Slevin, Push and Wicker Park) has created for the leading pair fits them perfectly and they are clearly enjoying themselves.

**** Released 2 October





BURNT

Directed by John Wells; with Bradley Cooper, Sienna Miller and Jamie Dornan

While director Wells is well known for his TV fare offerings (notably ER, The West Wing and Shameless), this might not be

a disadvantage in this foodie film case any serious Cooper fan will remember his very charismatic turn as a talented chef in the short-lived sitcom Kitchen Confidential.

The titular Adam (Cooper) is a chef determined to climb out of the hole that is his career after a

lifetime of drugs and ego has taken its toll. He sets out on a foodie journey of redemption to round up a crew that can help him set up his own triple-Michelinstar gourmet restaurant. Think of it as Ocean's Eleven with aprons... well, kind of.

The supporting cast reads like a casting director's dream menu and includes Omar Sy, Emma Thompson, Uma Thurman, Daniel Brühl and the truly beautiful Alicia Vikander (who was last seen as the pining robot Ava in one of this year's top films. Ex Machina). While this isn't the most memorable film of the year, it has enough ingredients to entertain a wide slice of audiences, and is a tasty blend of the right cinematic sugar and spice.

**** Released 2 October



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Acquired tastes

All the recipes for kitchen success

Edited by Cayleigh Bright

The Third Plate: Field Notes on the Future of Food by Dan

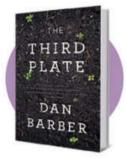
Barber (R374, Little, Brown) Dan Barber's message is simple: that we should replace the old-fashioned 'meat and two veg' formula with

sustainable, but just as tasty.

something that's more

So, what takes up 447 pages? Basically, he's here to find solutions, not just point out problems. And as an accomplished chef who's taken an interest in the way that food is produced as well as prepared, Barber is just the

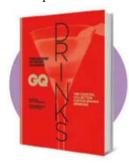
kind of guy you'd want ensuring that the future's food is as flavourful as anything that the currently favoured farm-to-table method could supply.



GQ Drinks by Paul Henderson and Romas Foord (R499,

Octopus Books)

Self-described on its cover as 'the cocktail collection for discerning drinkers', GQ Drinks might come across as a little intimidating - an impression not helped by the fact that some of the recipes on its latter pages contain instructions such as 'you will also need: vaporiser; inflatable pillow."



'Modern men understand mixology. They get it, finally!' declares Salvatore Calabrese, the master bartender responsible for the world's most expensive cocktail, in his foreword. Author Paul Henderson shares this confidence that the GO man is ready for this - as British GO's Food and Drink Editor. he should be one to know.

GQ Drinks presents each of its cocktail recipes with detailed instructions, clearly stated glassware, garnish and ingredient requirements, and a bartender's tip. There are plenty of recipes that need only two or three ingredients, so you don't need to save up and start practising for a cocktail party in eight months' time - you can start serving up your new skills at 5pm today.

GAMES

TRICK OR TREAT

It's Halloween on screen

Edited by Aléz Odendaal



Fran Bow

Although details around the game's release were sketchy at the time of print, if the tiny two-person studio can pull through, players may look forward to a visually interesting and incredibly disturbing indie horror point-andclick. Think Broken Age (2014) meets The Texas Chainsaw Massacre (1974). **Developers: Killmonday Games** Windows, Linux, Mac, iOS and

Android



Dvina Liaht

From the people who brought gamers the horde mode and tropic-friendly Dead Island (2011) came this surprisingly beautiful zombie survival game, released earlier this year. Hack, shock or run your way to missions and supply drops during the in-game day for an easier experience, or keep your play at night for bigger zombies, sweatier palms and faster level-ups. **Developers:**

Techland PS4, Xbox One, Windows, Linux



SOMA

Amnesia: The Dark Descent (2010) is widely considered one of the scariest video games of all time, and its developer's latest project is sci-fi horror game SOMA. Set at the bottom of the ocean, casual fright fans beware - this one will leave the unsuspecting with eye twitches and a penchant for rocking, arms-over-knees in dark corners. Who needs sleep anyway? **Developers: Frictional Games** Windows, Linux, Mac, iOS and

Android



The One That **Got Away**

Not an episode of Friends, but the missed opportunity that was the Silent Hill (1999) sequel. Last year, Konami released PT (2014), or 'playable teaser' for the 2016 game to be directed by genre legends Hideo Kojima and Guillermo del Toro. Sadly, the game was cancelled and the trailer was removed from the PlayStation Store. PS4 consoles with the demo installed were listed for sale on eBay for more than R18 000. RIP. indeed.

With the exception of Silent Hill, all games mentioned above are available at humblebundle.com, store.steampowered.com, or BT Games stores nationwide.

Real cider refreshment can feel like a thousand frozen high fives. To better understand just how refreshing real cider can be, we decided to ask consumers what it feels like with the promise that it could make them famous.

Calling out to consumers with radio ads on national stations, we received thousands of submissions from Hunter's fans through our website, Facebook and Twitter. We took these words and brought them to life in collaboration with 5 of South Africa's top designers and artists. Finally we asked consumers to vote for their favourite collab designs on social media.

The top voted designs were turned into 3 editions of the Summer Collab cans which will be released over September to November 2015 with the overall winning design being released first. Congrats to Ashveer Arjeeth for his winning words as designed by Studio Muti in collaboration with Hunter's. Nothing can be more famous than your name and words brought to life on thousands of Hunter's Summer Collab cans.

The Collab cans are priced with standard 330ml and 440ml packs.

Launching September 2015.





Milky Chance

Words by Paul Sephton

GQ: Who are you listening to at the moment? Clemens Rehbein:

Hozier is great on stage and has super lyrics. But I guess there are so many artists that I haven't heard yet.

GQ: Do you prefer standalone shows or festivals?

CR: They're both great. We love festivals, we used to go to a lot of festivals ourselves you get to celebrate music and see a lot of different acts. GQ: Speaking of, you played Coachella earlier this year.

CR: Yeah, that was just crazv. A fantastic festival and just a really big space. We only stayed the night, but still managed to see Jack White, Tyler the Creator, Hozier and a few others.

GQ: Does exposure to new artists affect your style?

CR: I've got a lot of new songs, and I guess all the travelling and new experiences influence you in a way. We both listened to a lot of Chili Peppers when we were younger so they're quite an inspiration for us.

GQ: But you don't really sound like anvone else.

CR: Yeah, that's cool. I think that's what you always try to do when you start writing songs. We always wanted to do our own thing, but I guess it's also really hard not to sound like someone else, because music is never really invented new, it's just put together in another way.

GQ: With German as vour mother tongue, why write in English?

CR: It was never a conscious decision. When I started songwriting at the age of 13 or 14, all the music that I listened to was English. I was listening to a lot of Bob Marley and Red Hot Chili Peppers. So it came naturally to put it out in English myself.

GQ: Your album Sadnecessary has a coherent end-toend listenability. Was it written about a specific time in your life? CR: Well, most of the songs, I wrote at a particular time. The experience was about one that I shared mostly with one person. GQ: Do they know

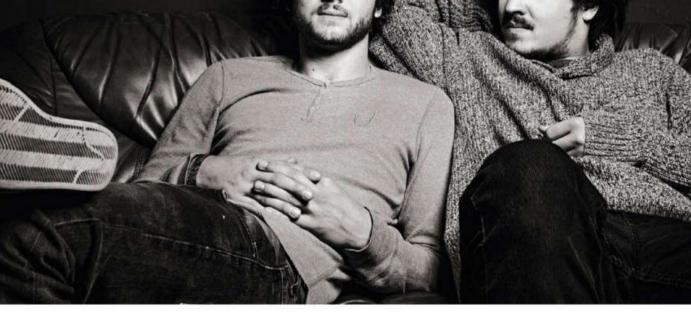
they've had an album written about them? CR: [Laughs] Yeah, they know. **GQ: Sadnecessary** appears to be a simple way of describing a necessary

melancholy. Are the songs born more from sadness or love? CR: I think sadness comes with love. If you try to be a romantic person. there will always be a bit of sadness but in a positive way: love can be difficult and relationships can be hard.

GQ: When can we expect new releases?

CR: We want to record in our own studio over the winter and then release in spring or summer next year.





iTunes hitlist

- 1. Marissa Nadler -'Solitude' (Black Sabbath cover)
- 2. Moses Sumney -'O Superman'
- 3. Kelly Lee Owens - 'Lucid'
- 4. Axel Boman -[']1979'
- 5. YG 'Twist
- My Fingaz'
- **6. SD** 'Step By Step'
- 7. Thundercat -'Them Changes'
- 8. Chyrches -'Leave A Trace'
- 9. Dilly Dally -'Desire'
- 10. Ultimate

Painting -'(I've Got The) Sanctioned Blues' GO

-JAB





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The African connection

Alpesh Patel, a GQ Best-Dressed Man, has big plans for the first African-owned mobile phone startup

Words by Paul Sephton

ith years of experience as Motorola's director of sales in Africa, Alpesh Patel found that something was lacking in the mobile device market – a phone made by Africans, for Africans – so he launched his own range of handsets. Here he talks about his Mi-Fone venture, and why South Africa needs more entrepreneurs.

You recently sold 51 per cent of Mi-Fone. What does this mean for the company's future?

About a year ago, we got involved with a \$4 billion company that has never gone into telecoms. It sees the power of mobile though. We want to sell 50 million phones at \$30 each, which requires a lot of money, so having these big guys to help with our rollouts will mean huge profits for them and huge numbers for their business.

How is SA's development of startups?

I think Jo'burg is untapped when it comes to startups. If South Africa really wanted, it would have turned Jo'burg into a Dubai or Singapore, where startups that focus on the continent can be based in [a city like] Jo'burg. We have excellent flight connections across the continent, great logistics and if your revenues are in US dollars, then your cost of operations would be low due to the weak rand. Everything kind of works in South Africa – except Eskom at times – but I have always seen »



the environment here to be stifling for entrepreneurs. South Africa today should be a much stronger place, but there's no 'hustle' mentality. The sooner the government and big money embrace startups, the quicker progress will be. The government can also make changes, by developing real entrepreneurs and not tenderpreneurs. Private capital can start reaching across cultural boundaries and invest in you, not because of who you are, but rather what you bring to the table.

How did setting up Mi-Fone compare to working for Motorola?

With Motorola, you naturally have a much bigger support structure, whereas with Mi-Fone we started from nothing. With Motorola, you have all the back-end support, but the front-end support is not there because they don't believe in Africa. Africa has always been a high-margin market, and they would take those margins from Africa and reinvest them in other markets, without investing back into Africa.

Is there a healthy cycle of reinvestment in Africa now?

I think there's a massive gap. There is a lot of talk about venture capitalists and startups, but for young companies to raise money in Africa, for Africa, is very difficult.

How did you finance Mi-Fone when you first started?

Seven years ago, I set up Mi-Fone, which is Africa's first 100 per cent African-owned mobile devices brand. Much like Apple, we are made in China, but we are not a Chinese phone. We had our task established from day one in terms of trying to create an African brand. One of the things that wasn't in our favour was funding. For seven years, I bootstrapped this thing with my own savings – with your own skin in the game, you quickly realise that revenue is what counts. Mi-Fone was revenue generating from day one and that's what kept us going.

Does that mean most people who are entrepreneurs have to have come from a corporate background to make some money first?

They have to get some experience and some money. I would say that if you're twenty years old and have a bright idea, chances are you will fail - unless you're



Mark Zuckerberg. As many success stories as you read, there are a million and one failures behind that, and the odds are stacked against you.

You've got to be realistic - you can't think that people are going to come to you with pots of money. It's fine if you're in Silicon Valley, because the American culture dictates that failure is celebrated. You could fail twenty times and be considered a hero. In Africa, failure is not an option. If you fail here, you don't pay your rent. You've got to make money from sales from day one. A lot of the Silicon Valley companies are not making revenue for five years. They have endless rounds of funding, and they raise money to pay their own salaries.

The valuation metrics are completely different in Africa. People today want to buy a company at the best value to them, not to you. Entrepreneurs should have some kind of corporate experience so that you know how the system works, and are realistic that you're not going to be as successful as Facebook. Don't try to value your company at \$10 million from day one, because you're the only one who is going to think that. Try to bootstrap in such a way that you start making revenue straight away – even if you don't pay yourself a salary, even if you don't have an office.

What's the future look like for mobile phone technology?

In the next five years, there are going to be about 500 million phones sold on the

continent. So today, you have a population of around 1.1 billion people in Africa, and about 700 million people are connected, but most use a dual SIM card. So lets say 400 million are connected, and most of those are on voice only. If you look at that 1.1 billion population, and figure 35 per cent of them have internet, that means 600 million still have to connect to the internet. That is the opportunity, because they'll connect if they have affordable devices. Internet penetration is out of our control that's up to the networks. But data rates have gone down, and will continue to get cheaper, so people will access data in a more affordable manner. [60]

Go online to see the full interview and our app of the week at **GQ.co.za**

Let's get funding The world's top startups by valuation **STARTUP** LATEST VALUATION FUNDING 1 Uber \$50bn \$5,6bn **Xiaomi** \$46bn \$1.4bn **Airbnb** \$25.5bn \$2.3bn **Palantir** \$20bn \$1.5bn Snapchat \$16bn \$1.2bn **Flipkart** \$15bn \$3bn 7 Didi Kuaidi \$15bn \$3bn **SpaceX** \$12bn \$1.1bn

\$11bn

\$10bn

CHINA

\$1.3bn

\$0.6bn

INDIA

Pinterest

10 Dropbox

US

'There is a lot of talk about venture capitalists and startups, but for young companies to raise money in Africa, for Africa, is very difficult'

GLENFIDDICH MAVERICKS

Break boundaries

DJ and brandman **Luthando 'Jezz' Tibini** on blending two worlds

Can a crowded music scene be a good thing? Sure. 'But the DJ scene has become overly crowded, mostly with people looking for a shortcut to popularity,' says Luthando 'Jezz' Tibini, who focuses on sound over fame. 'My sound is mostly deep soulful house. Over the years I've developed a more tech-y sound and that has led to global bookings.'

When he's not behind the decks, you'll find Jezz living out his other passion as national brand ambassador for Glenfiddich. 'The music allows me to see trends as they come and go. I can then position the Glenfiddich brand strategically, giving me the upper hand.'

And what kind of legacy does he want to leave? 'I want people to remember me as the guy from Gugulethu who was not afraid to step beyond boundaries

and become a role model.'

It's the same pioneering spirit that's made Glenfiddich the world's most awarded singlemalt whisky.

With fresh pear and creamy, subtle oak flavours and a smooth, mellow finish, Glenfiddich marries a strong, maverick heritage with creative excellence.

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STAY BUSINESS CLASSY

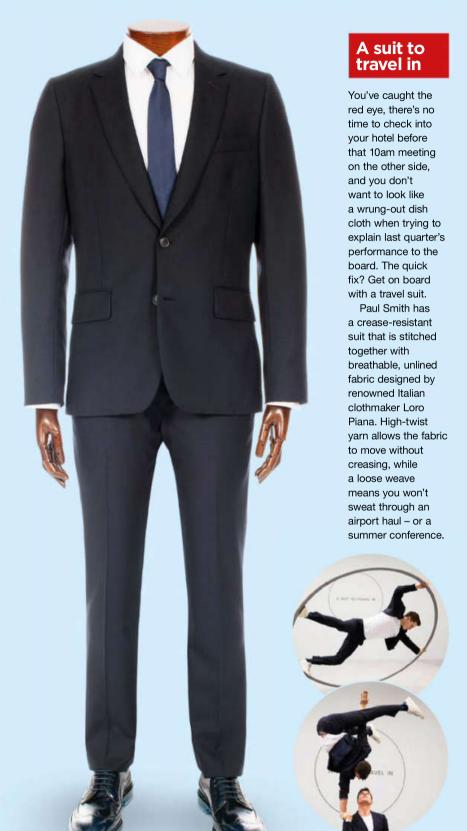
Pre-boarding tips for the executive traveller Words by Jake Millar and Nick Corbett

hat's that, bottomless champers, seats with actual leg room to see the world - all on your boss's coin? Yes, travel can be a wonderful perk of employment, but this is how to avoid going down in flames.

- O Check-in baggage is a fool's game. Avoid.
- 2 Slip-on shoes rather than lace-ups make your transition through security smoother and they're easier to kick off when you're reclining on board.
- 3 Missing a flight is not an option, so get to the airport with time to spare. You can always work in the lounge if need be.
- 4 A pass into the business lounge is not an excuse to act like a complete bastard to the plebs in economy. You're on duty, so be nice.
- 5 Keep anything work-related close to hand and don't forget the necessary chargers, as well as international adapters.
- 6 Pack your carry-on, with a toothbrush, toothpaste, deodorant, eye drops and all your other pre-meeting grooming essentials.
- Check in before getting to the airport.
- 8 Stay hydrated. That doesn't mean necking your own bodyweight in those tiny gin bottles you've developed a taste for.
- Keep receipts for anything you can expense later.
- 10 You're representing your company, so dress the part. Keep a tie in your hand luggage and ask the cabin crew if there's a spot to hang your suit jacket, so you don't look like Bob Geldof on arrival.

Pro tips

- 1. On a long haul, try to sleep as soon
- 2. Skip the in-flight entertainment and use the time to be productive. Trust us. Mortdecai doesn't get any better the second time around.
- 3. Picking the window seat will up your chances of some decent shut-eye.



Travel gadgets for the gainful commute

Plantronics BackBeat Pro wireless headphones

Screaming children, be gone! Plantronics brings noise cancellation to their wireless offering, which means you can zone into your work or play without getting into a tangle. A single charge runs for 24 hours.

R2 578, shopandship.co.za



Knomo Knomad Air

WEALTH

The hint's in the name: slip your iPad Air into a sleeve thin enough not to overload a carry-on, but roomy enough to store cables, USB drives and whatever you need to keep your office running from 30 000 feet. R799, istoreonline.co.za

Kindle Paperwhite Wi-Fi

The world's most realistic e-reading experience is ultra light, ultra bright and even displays those PDFs you were meant to look over before you left the office this morning.

R2 499, incredible.co.za

The corner office - in the sky

Take look inside Swiss Air's upgraded Boeing 777

London-based design agency PriestmanGoode took a crack at giving Swiss Air's Boeing 777 cabins a complete overhaul, creating a loungelike space (in first class) and improving the seating (in economy). Wooden veneer, dark, textured fabrics and clean, white trims make it the most professional space in which to relax away all your presentation pains and worries.







FIRST CLASS

Once you're done taking it easy on your two-metre-long flat bed, checking reports on a 32-inch screen, enjoying a new gourmet menu and guzzling down champagne, hang tomorrow's suit in your personal closet and set the tone for your flight with personal mood lighting. Who the hell works in first class, anyway?



BUSINESS CLASS

Headphone hangers and straps for storing your tablet or laptop give the cabin an executive feel, with bigger personal storage and smart design trims. And once the work and/or dining is done, lie flat in an equally large, Swiss-made bed.



ECONOMY

Budget business trip? Fear not – large, personal touch screens and a walk-up bar make economy feel a little more inviting (like a business class lounge) and in-flight Wi-Fi is available to all.

Where do SA's millionaires go?

Eight thousand of the country's richest have moved offshore Edited by Craig Tyson

ore than 8 000 dollar millionaires have left South Africa over the past 15 years one of the larger migrations of high-net-worth individuals (HNWI) away from any country over this period, according to a new study from LIO Global and New World Wealth. Destinations of choice include Australia, the UK, Cyprus, Mauritius, the USA and Canada.

Cyprus and Mauritius have become popular as they offer citizenship to individuals who are able to buy property over a certain value.

'The majority of investors are typically looking towards the EU,' says Nadia Read, head of LIO Global. 'Cyprus and Malta, in particular, are very popular as they offer direct citizenship without long waiting or residence periods.'

Portugal and Hungary have also seen significant interest, as they offer investors residence in exchange for a smaller investment (in comparison to Malta or Cyprus). 'Countries such as Antigua and Barbuda or Grenada offer direct citizenship in under six months.'

LIO Global reports an increasing trend in second citizenship to allow more wealth mobility.



The countries with the highest inflow of dollar millionaires over the past 15 years

UNITED KINGDOM



Mostly from Europe, Russia, China and India.

UNITED STATES



52 000

Mostly from China.

SINGAPORE



46 000

Mostly from China, India and Indonesia.



The countries with the highest outflow of dollar millionaires over the past 15 years

CHINA



91 000

Mostly to the USA, Hong Kong and Singapore.

INDIA



Mainly to the United Arab Emirates, the UK, the USA and Australia

FRANCE



Mostly to the UK, Switzerland and Luxembourg.

Get a stock-buying how-to at **GQ.co.za**

The 10 highest-paid leading men



HOW MUCH ARE THE AFRICA AND THE MIDDLE **EAST INVESTING IN THEIR COUNTRIES?**

Investments held in home region:

2013

2014

2015





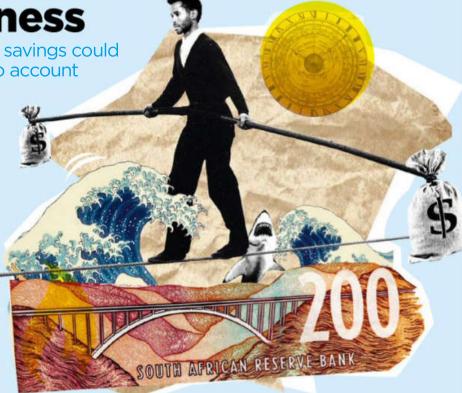
The biggest threat to your savings could be one you never took into account

Words by Bruce Cameron

anking on your bank to provide you with a sound return on a fixed deposit is simply a non-starter. In fact, putting all your savings into a fixed deposit could be one of the riskiest investments you could ever make.

Your money is unlikely to keep pace with the rate of inflation, particularly after income tax has been deducted from interest. Investment risk is something everyone has to take into account, but it comes in many guises. In fact, inflation is a bigger risk than a phishing scam because it's a silent killer.

Simply put, if the inflation rate is six per cent a year and your savings are earning five per cent a year you are losing one percent of the value of your savings. You're falling prey to what is termed 'conservative risk' from being over-protective.



What to watch out for

There are many different types of risk in investing, some greater than others:

Systemic risk The potential of a system, such as the banking system, collapsing. The knock-on effects of 2008's American sub-prime property disaster are still felt all

Prudential risk The risk of making reckless decisions. The main risk is putting all your money in the same investment instead of spreading it around, so that if one investment collapses, you have others to soften the blow.

Advice risk The risk of being misled into investing in the wrong product.

Hairdresser risk This is acting on the advice of someone who lacks investment expertise. It's not that they may be wrong, but you should always check out the advice.

Market risk The risk of a particular market losing money (for example, the South African share market collapsing).

Market-sector risk A sector of an investment market (for example, the banking sector) moving downwards while another (for example, the mining sector) moves upwards.

Volatility risk This refers to fluctuation in the value of an investment, both up and down. If the value of the investment is down when you want to sell it, you will lose money. The share market is far more volatile than the bond market, but, at the same time, it has historically provided better returns over the long term.

Timing risk This is trying to outsmart the market, buying an investment when it's cheap and selling when it's expensive. The problem is that most people buy an investment when everyone else is piling in and its value is at a peak, and then they panic when the bubble bursts and sell near the bottom of the value. Liquidity risk The risk that you will not be able to sell an investment when you need the money. For example, a bank deposit is fairly easy to cash in, but selling property can be difficult, particularly when prices are low. Currency risk An important risk that is often overlooked by people investing offshore. All currencies have a propensity to move up and down against each other. So although your investment may be performing well, any performance could be added to - or wiped out - by changes in currency values. **Dishonesty** Many scam artists operate in the financial services industry, and you need to be on your guard at all times. The best defence is to deal only with companies that are registered to do business in South Africa and have a sound track record. Generally, the higher the 'promised' potential income or capital growth above the market average, the higher the risk associated with a particular product. If returns offered are out of line with market conditions, this is the first sign of a potential scam.

DIFFERENT ASSET CLASSES HAVE DIFFERENT LEVELS OF RISK ATTACHED TO THEM

These can be summarised as being low, medium or high risk.

ASSET CLASS	EXAMPLE	RISK LEVEL	
Cash	Bank savings accounts	Low	
Bonds	Loans to institutions	Low to high	
Property	Houses; shops and factories	Low to medium	
Shares (equities)	Part ownership of companies	Medium to high	
Alternative	Derivatives; structured and private equity	Medium to high	

How to

The best way to reduce risk is to diversify your investments across asset classes markets, market sectors, currencies and geographical locations. You reduce the risk of losing money because it is unlikely that all investments will simultaneously see a market crash.

In diversifying your investments, you need to take account of the historical returns of the different asset classes. [60]



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DOUBLE THE KICK

New NIVEA MEN COOL KICK Body Lotion and Deodorant, instant cooling effect for 48h moisture and protection.



OF COOLNESS.



This month // BMW's Concorso d'Eleganza // Bentley Continental GT // The new Porsche Boxster



THE ART OF THE AUTOMOBILE

In Italy it's the cars that get the red carpet treatment

Words by Craig Tyson







Lapo Elkann in the popular Ferrari 166MM Barchetta restored by Touring Superleggera

An 'Antidepressant' Mercedes-Benz 710 SS from 1930 makes its runway appearance



here were the machines, finely designed and steeped in history, and there were the owners, elegant and eccentric in their period dress, but it was one man whose presence at this year's Concorso d'Eleganza at Lake Como sparked a frisson beyond anything else.

Lapo Elkann, Ferrari consultant and style icon, arrived at the awards finale in a 1950 Ferrari 166MM Barchetta, once owned by his grandfather and Fiat owner, Gianni Agnelli. His appearance in a cream suit and blue polka-dot tie drew a flurry of phone cameras and comments. Behind me, a voluble cigar-smoking American proclaimed to all around him: 'I've got more trousers than Lapo Elkann.' Perhaps he had; certainly his wardrobe would have contained many more louder pairs.

It's difficult to pull together a cohesive memory of the day such was the variety of spectacular vehicles on show, but the highlights included:

A fleet of immaculate Rolls Royce Phantoms dating from the 1920s to the '70s, the latter a Phantom VI owned by South African businessman Brett Gage;

A flamboyance of Ferraris entered in the Gentlemen's Racers category;

Several convertibles bought by Hollywood stars of the '40s and '50s, notably a red 1957 BMW 507 once owned by Elvis;

Supercars from the disco era – like the 300km/h Lamborghini Countach LP 400

and a Bertone-bodied Miura SV from 1971; an extraordinary coach-built coupé, the 1952 Pegaso Cupula, otherwise known as the Spanish Ferrari.

The annual weekend affair hosted and sponsored by BMW is the most sublime date on the classic car calendar. Explaining the thinking behind the Concorso, Corrado Lepresto, the only person to have won the Coppa d'Oro Villa d'Este four times, said, 'Design is not only a question of shape, but also one of human nature.'

Saturday passed in an elegant blur of cars, engines, and the stories behind them. All in all, 52 historic cars paraded past judges and guests, followed by a beauty contest for motorcycles, dating from a 1912 Puch to a TT-winning 2014 BMW S 1000 RR.

TROPHY WINNERS

The event's top award, the Coppa d'Oro Villa d'Este for best of show as voted by the public, went to the 12-cylinder Ferrari 166MM Barchetta restored and styled by Touring Superleggera. This Barchetta – Italian for 'small boat' – left its mark on automobile design history by being exhibited at the Museum of Modern Art in New York after its 1966 restoration.

The 1932 Alfa Romeo 2300 Spider was one of the most successful sports cars ever built. Results like these showed why: it was a three-time winner at Le Mans and Targa Floria, a two-time winner of the Mille Miglia and winner of the 24-hour race at Spa. The eight-cylinder Alfa was entered in the 'Antidepressants' category – 'pre-war sports cars which defied the Great Depression', and duly went on to win The Trofeo BMW Group for best of show.

On Sunday, nearby Villa Erbe opened its park-like gardens for a public display of the cars and motorcycles as a band played swing, jazz and '70s pop.

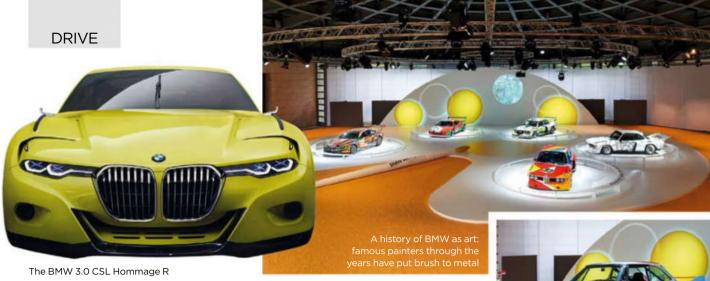
THE CONCEPTS

The Concorso is also about recognising the link the past plays in designs of the future. Seven concept cars and prototypes were displayed by some of the world's greatest coachbuilders, among them Aston Martin, Zagato, Touring Superleggera and Lamborghini. A Bentley Exp 10 Speed 6 coupé took design honours.

BMW Group used the day to present its latest concept car, the head-turning 3.0 CSL Hommage R, which pays tribute to the successful racing machine of the same name from the 1970s.

The CSL, as in Coupé Sport Lightweight, is built mostly of carbon-fibre reinforced plastic. A carbon-fibre roll cage integrated into the structure of the car's roof and side sections forms the basis for the >>

The annual weekend affair is the most sublime date on the classic car calendar



interior's minimalist geometry. Every component has been designed for high-speed racetrack driving, from the bucket seats, six-point seatbelt, fire extinguisher and emergency shut-off mechanism, to the Puma racing suit and two helmets.

Distinctive air deflectors, powerful wheel arches and prominent spoilers – one at the rear and one on the roof – complete the study in aggression and performance.

'Motor racing is all about the ability of cars to mesmerise, about the unbridled joy of driving; it represents the heartbeat of BMW,' said Adrian van Hooydonk, senior vice president, BMW Group Design.

'Back in 1975, as today, winning races came down to how man and machine could work together. With the 3.0 CSL Hommage R we're aiming to show how much closer the driver and car can grow in the future.'

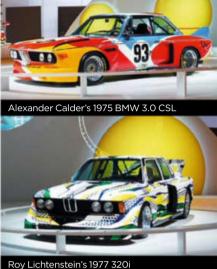
To this intent the helmet's visor acts like a head-up display, relaying speed, revs and gear selection to the driver. Illuminated blue piping on the race suit shows the progression of the car's data via the steering wheel to the driver's gloves and up the arms to the helmet and visor. It's all very Bluetooth futuristic.

There's no doubting the racing genes of this car, and when you see it in its acid yellow-green livery with the two spoilers and matt gold wheels, the Hommage gets decidedly 'gangsta' on you as well.

ART ON WHEELS

Back in 1975, the artist Alexander Calder painted a BMW racing car for the first time. Close on his wheels came eye-catching interpretations from Frank Stella, Roy Lichtenstein, Andy Warhol, David Hockney and our own Esther Mahlangu. Art Basel and Guggenheim added their input.

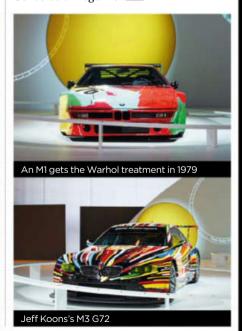
Andy Warhol took only 28 minutes to daub an M1 to give it a vivid depiction of speed. 'If a car is really fast, all contours and colours will become blurred,' he said of the M1 that gave a good impression of this when it raced in the 1979 Le Mans 24 Hour. In 2010, Jeff Koons created the most recent



addition to the 'rolling sculptures' project with his M3 G72, which also went on to race at Le Mans.

The collection began touring various cities around the world this year to mark its 40th anniversary. First stop was at Lake Como as a special exhibition at this year's Concorso d'Eleganze.







blah blah blah | **blah**



here's a lot to like about the changes to the Volvo XC90 (our chums at British GQ called it the most complete car in the world), from the chassis and engine down to the badge. The new two-litre four-cylinder engine remains transversely mounted, allowing for a large space to play in. And boy, does it look and feel good inside. The portrait touch-screen, soft leather seats, crystal glass gear stick and wood detail add sophisticated Scandi design touches to the interior. A Bowers & Wilkins sound system streams music through 19 speakers.

Under the hands-off ownership of Chinese firm Geely, Volvo has returned to Sweden where the build is done. All 12 models now get what is called 'scalable product architecture', a single nerve system if you like. The car is lighter (by 125kg) yet stronger. It looks a tad boxier, however.

Safety started at Volvo, of course, and the long term vision is that the cars 'should not crash at all'. There are plenty of Intellisafe features, using radar and cameras, birds-eye view parking and auto braking. The XC90 is semi-autonomous, all-wheel driving at its most relaxed. - Craig Tyson

A portrait touch-screen, crystal glass gear stick and wood detail add sophisticated Scandi design touches



POWER 235kW and

top speed 220km/h

BASE PRICE R900 500

0-100km/h in

6.5 seconds:

8 litres/100km

400Nm, 8-speed auto





POWER 389kW and 680Nm, 8-speed auto

PERFORMANCE 0-100km/h in 4.5 seconds; top speed 309km/h

CLAIMED FUEL 10.5 litres/100km

BASE PRICE R4 500 000*

This brutish Brit made its debut in 2003 with the groundbreaking Grand Tourer, inspired by Bentley's successful racing pedigree and marked by the winged B that represents individuality, speed, power, resilience and handcrafted luxury.

The Continental GT V8 S comes in both coupé and convertible, and is propelled by a four-litre, twin turbocharged V8 engine pushing 389kW with 680Nm of torque at 6 000rpm, in sync with a block-shifting gearbox which allows for combined downshifting (which makes shifting from eighth to third gear instant). A sportier lowered suspension and 'S' styling get you from zero to 100km/h in 4.5 seconds, with a top speed of 309km/h. Thanks to variable displacement, four of the eight cylinders shut down when cruising, which reduces fuel consumption.

Handmade in Crewe, England, the cabin is kept traditionally luxurious, with iconic organ-stop controls and a piano-black veneer. Bentley's Mulliner workshop handcrafts bull hide - and only bull hide. Why? Because bulls don't get pregnant, so their skin doesn't stretch and thin out, says a Bentley insider. Much like its beastly sibling, the GT W12, and the Flying Spur limo, style and luxury combine in the



Riding al fresco

Make like you're in Italy, beat the traffic and get on board with the classic Vespa

Words by Dieter Losskarn

t is as Italian as the tiny cup of espresso I am holding in my hand right now. I'm at the Vespa dealership in Cape Town's Somerset Road, and the director of Vespa SA, Andy Reid, is talking passionately about his object of desire. Years ago Andy was looking for a Vespa in South Africa and couldn't find one. After a long-distance call to Italy, the wheels started turning and, today, 13 years later. Reid is the sole importer for the scooters, with numerous shops around the country.

The problem with Vespas is that, despite their popularity, people are afraid to ride them. According to Andy, South Africa has no real scooter-riding culture. So his motto was to let potential customers ride and then fall in love with them. It worked. Every Vespa buyer still gets the offer of free riding courses. And free espressos.

As a biker I tended to treat scooters with a compassionate smirk. But, being such an iconic brand with tons of heritage, I've always liked and admired Vespa. What Harley and Indian are for the US and BMW is for Germany, Vespa is for Bella Italia.

It's a sunny morning in Cape Town and I drive the 150cc Primavera first. The four-stroke-engined Vespas are fully automatic - you just accelerate. It feels light; so much lighter than a motorbike. Initially it's a bit weird to have no tank between your legs, but I get the hang of it. It's joyful city commuting and the 150 seems to be agile enough. Until we swop. The GTS 300 Super has the right amount of power, not only to get swiftly away from traffic, but also for the occasional weekend fun ride into the countryside.



Move over. Sophia Loren this sexy Italian is just as famous in film



PERFORMANCE BONUS

While some critics moan about the brand's dilution, Porsche unleashes its most powerful Boxster yet. **Dieter Losskarn** races the roadster over mountain roads near Florence



n my rear-view mirror I can see an Italian biker approaching fast, checking my Stuttgart number plate and expecting another German tourist cruising around Tuscany in his convertible. Not today – I am on a twisty narrow mountain road in the most powerful Boxster yet. Just as he is about to hiss past, I unleash the Porsche. Two bends later, the thwarted biker has been left behind in the exhaust thunderstorm that's been let loose by the car's brutally powerful acceleration.

The fourth Boxster derivative is a perfect combination of performance, purism and design. With this driver's car Porsche rediscovers its roadster roots. It's a real modern interpretation of James Dean's original Spyder.

Even standing still, the car is a sight to behold. It's twenty millimetres lower than a standard Boxster, with 20-inch forged wheels and the characteristic speedster streamliners, stretching from behind the head restraints over the long trunk lid – reminiscent of the 718 Spyder of the 1960s. The new Boxster Spyder is the topless equivalent of the Cayman GT4. The 3.8-litre naturally aspirated flat six is lifted from the bigger Porsche 911 Carrera S, pushing out 276kW and 420Nm of torque. You get various parts from other Porsche models as well: brakes, suspension and steering from the 911 Turbo; interior components from the Cayman GT4; and some other performance bits from the Porsche range.

The exhaust note is excellent. Actually, once again, mind blowing, especially on the throttle overrun. Don't forget to push the exhaust button in the middle console.

At 1 315kg the Boxster is about 30kg lighter than the 3.4-l. Boxster GTS. The plan was to get rid of everything unnecessary, so the Spyder is only available in a sixspeed manual: the fabric roof is manually operated, has fewer struts and lighter hinges and no interior liner. The seats actually, covered carbon shells that fit like gloves - are lighter as well. There is less sound insulation (which is good, as it adds significantly to the aural pleasure while driving with the hood up). Lighter alloys in the chassis also save weight. The interior door handles are made out of webbing strap - very cool. Climate control and an audio system come standard in the SA version, but are optional in Europe.

The essence of the car is still distinctly Boxster: mid-mounted engine and rear-wheel drive, combined with huge brakes. Despite the sportiness, the car is not too hard. Even on those tiny Italian mountain roads, it feels like a race car with added comfort. The steering is direct, with almost surgical precision. And those fantastic brakes let you go into turns at remarkable speeds.



The Spyder is the topless equivalent of the Cayman GT4. The 3.8-litre flat six lifted from the bigger Porsche 911 Carrera S, pushes out 276kW of power and 420Nm of torque



Go behind the













BEHAVIOUR

Are you the toilet seat piss monster?

It's time to own up for wrecking the john

IT'S AMAZING WHAT A MAN WILL

do behind closed doors - particularly a flimsy bathroom-stall door that doesn't quite reach the ceiling or the floor.

That's why, every time I step into a men's room, I brace myself. Against the inevitable stench, of course - but also in anticipation of whatever scatological crime scene I know I'll discover there. Men are downright innovative with the ways they defile the seemingly perfect ergonomic design of the toilet and the urinal. Can you imagine the whacked-out thought processes of these junior Jackson Pollocks among us? Ah, yes! I see the urinal there, which is ingeniously positioned and shaped to catch my expulsions! But instead, I think I'll lock myself inside a stall and proceed to drench every visible surface therein.

I get that this kind of, um, aimless behaviour is tolerated in those places that reduce us to our basic ape selves: sprawling airport bathrooms, where people are jet-lagged, rushed, and juggling luggage; sports stadiums, where men are dizzy from guzzling souvenir cups of watery lager; porta-potties, which are just shit huts baking in the sun. I can sort of understand it, in those unnatural situations.

the heart is the fact that menseem compelled to go inside bathroom stalls and positively explode in wildly inappropriate places. In otherwise pristine and vetiver-scented restaurant water closets and hotel-lobby stalls. In the cozy johns of quaint movie houses. And even at our own offices. That said, it's kind of a fun office game to guess

those with gross

oiss off

bathroom habits to

which gross bathroom habits belong to which seemingly well-adjusted co-worker. Is the officious man with the military haircut and perfectly arranged desk the one who inexplicably puts a quarter-roll of toilet paper into the urinal, presumably because he likes his pee to enjoy a downy landing? Perhaps it's the junior associate with the Coke-bottle glasses, whose aim is so bad that he leaves the stall walls dripping. And what sociopathic MacGyver is short-circuiting the electronic flushers, taking perverse pleasure in leaving Incredible Hulk logs sitting unflushed, as if the next man who walks into the stall will behold them and think, 'Wow, a real *man* was just here'?

So, is it you? And if it is, can you please stop? I don't savour taking to these pages like some kind of self-appointed Mommy-in-Chief. And I don't hold a degree in psychology. But it's clear that you're using our shared space to lash out. Maybe because life's steady little humiliations have ground you down and this is your chance to express your anger. Or maybe you're convinced that all your co-workers are nincompoops. But I think you'll find that if you address those unpleasant feelings head-on, and stop turning every restroom into a three-by-five-metre multisensory haunted house, you'll not only be doing the right thing ethically - you'll also start to feel better about yourself. More dignified. More impeccable. To paraphrase a mantra from the Boy Scouts, leave no trace, yo!

Not that I expect to persuade these defilers to start doing their civic duty, even if it is in their own self-interest. So fuck 'em. Instead, a proposal: how about the rest of us band together, vigilante-style?

Let's form the Dignified Pissers Posse and chase these guys out of the shadows. The next time you see a dude exit a stall that looks like it was inhabited by shitflinging marsupials, confront him in the office's cubicle maze. Or right there in the restaurant dining room.

Men's bathrooms are scary places because of the piss monsters lurking among us. But if we work together, we no longer have to sit in fear. [60]



So, is it you? And if it is, can you please stop? I don't hold a degree in psychology. But it's clear that you're using our shared space to lash out



WELCOME TO THE MEATIEST PART

of the bone. To put things into context, I think of being at a rugby stadium. The food vendor comes down with his food tray and parks himself beside me. 'You want a boerewors roll?' he asks. 'Or can I interest you in a bunny chow filled with horse shit and grated toe nails?' To be unsure about how to end a casual sex relationship in 2015 is to look off into the distance and then ask the food vendor if the horse shit comes with extra fries.

True, casual sex can sometimes feel like a sitcom with its own pre-recorded laugh track – an act so blasé you feel like a parody of yourself – but it still remains the easiest way to satiate loneliness. After being magnified by Tinder or OKCupid, it's taken on certain fluidity; the available-singles platter has become an all-you-can-eat buffet with no set of rules for devouring the whole lot in one go. The issue is discerning whether or not you're actually full, and having the willpower to curb cravings.

Even if there seems an endless mileage in expressing how satisfied casual sex relationships make you feel – whether you're 'casually dating' multiple partners for weeks, or swimming in the murky Bermuda Triangle of the year-long 'intimate hook-up' – things will go stale and you will get full. But



Lior Phillips would rather you swiped left the first time

how do you end a thing that was nothing? Set off a firework that bursts into a gigantic white zebra that's strapped to the ceiling on a harness made of fire, and when it swings towards your casual lover you can hear its faint whisper, 'It's over, Stephaniiiiieeee'?

No. Today your inner child needs to grow into an outer man. When it comes to ending casual relationships, you actually have to end them. Psychologist Daniel Kahneman explains that when people are faced with uncertain threats about things we might lose in the distant future, our brains invent all kinds of excuses not to act on them today. We redraft our happiness contours based on what we think we need, and tolerate, rather than transcend, our love and loneliness. So here are some guidelines for exiting the suspended spiral of a neverending casual sex story.

You are not Harry Houdini

Let's nuke, once and for all, the idea

Pick a neutral public place like a park, where no knives can be inserted into your neck, and avoid private places like a bedroom where no genitals can be inserted into other genitals



that casual sex should be detached. Any response to sex is personal by definition, and anyone who claims to have it with an aloof, objective manner is a humongous, arrogant man-prick. Disappearing using the 'Houdini', 'fade-away' or 'ghosting' trick is cruel and never acceptable unless you've never met the person in real life (e.g., Tinder chatting), or if your date was a pompous dickhead. This isn't a gender conundrum – people need closure and deserve to know why you don't want things to carry on. But, always have an exit strategy: 'I'm late for a meeting/therapy session.' Abracadabra!

For casual sex:

Text or call: 'It was great meeting and fucking you, but I just don't see this going anywhere. I'd rather not waste your time.'

After an intimate hookup:

Pick a neutral, public place like a park, where no knives can be inserted into your neck, and avoid private places like a bedroom where no genitals can be inserted into other genitals.

Cut the drama

Breaking up with a casual sex partner is a simple explanation, not an hour-long monologue. All the little niggles can easily be refined into nourishing generalities. Saying you're 'just not at the same point' is infinitely better than saying, 'I feel like I'm inserting my penis into a decade-old corpse.' Avoid sending emails quoting Walt Whitman, Drake or Leonard Cohen.

Mosquito in a nudist colony

If you've been seeing the same hookup for over six months and one foot is out the door already, please make sure it isn't deep inside another person. Telling her you've met someone else is like telling your 90-plus grandmother about anal sex: 'Oh Franny, I'm really learning how to tuck it in there.'

'Friend' is a swearword

Saying that you can flawlessly transition into a new role after conditioning yourselves from a routine of 'hi, downstairs mix-up, goodbye' gives you the right to swallow your vocal chords, and then lodge them deep into your rectum, because you're talking out of your asshole, and that dishonesty stinks. Never expect the respect that friendship provides, after all the boundaries have been squashed in order to connect on such a carnal level as casual sex.

Get weekly sex advice from Lior Philips at **GQ.co.za**







LIFE

Feeling bored? It's good for you

Why having nothing to do is the first step to creativity

'I'M DYING OF BOREDOM,' complains the young wife, Yelena, in Chekhov's 1897 play *Uncle Vanya*. 'I don't know what to do.' Of course, if Yelena were around today, we know how she'd alleviate her boredom: she'd pull out her smartphone and find something diverting, like BuzzFeed or Twitter or *Clash of Clans*. If you have a planet's worth of entertainment in your pocket, it's easy to staye off ennui.

Unless it turns out that ennui is good for us. What if boredom is a meaningful experience – one that propels us to states of deeper thoughtfulness or creativity?

That's the conclusion of two fascinating recent studies. In one, researchers asked a group of subjects to do something boring, like copying out numbers from a phone book, and then taking tests of creative thinking, such as devising uses for a pair of cups. The result? Bored subjects came up with more ideas than a non-bored control group, and their ideas were often more creative. In a second study, subjects who took an 'associative thought' word test came up with more answers when they'd been forced to watch a dull screensaver.

Boredom might spark creativity because a restless mind hungers for stimulation. Maybe traversing an expanse of tedium creates a sort of cognitive forward motion. 'Boredom becomes a seeking state,' says Texas A&M University psychologist Heather Lench. 'What you're doing now is not satisfying. So you're seeking, you're engaged.' A bored mind moves into a 'daydreaming' state, says Sandi Mann, the psychologist at the University of Central Lancashire who ran the experiment with the cups. Parents will tell you that kids with 'nothing to do' will eventually invent some weird, fun game to play - with a cardboard box, a light switch, whatever. Philosophers have intuited this for centuries; Kierkegaard described boredom as a prequel to creation: 'The gods were bored; therefore they created human beings.'

The problem, the psychologists worry, is that these days we don't wrestle with these



Clive Thompson enjoys a lack of focus



slow moments – we eliminate them. 'We try to extinguish every moment of boredom in our lives with mobile devices,' Mann says. This might relieve us temporarily, but it shuts down the deeper thinking that can come from staring down the doldrums. Noodling on your phone is 'like eating junk food,' she says.

So here's an idea: instead of always fleeing boredom, lean into it. Sometimes, anyway. Mann has found she gets some of her best thinking done when she's commuting by car and therefore can't self-distract with her phone. When novelists talk about using Freedom – the software that shuts down one's internet connection – they often say it's about avoiding distraction. But I suspect

it's also about enforcing a level of boredom in their day – useful, productive monotony.

And there is, of course, bad boredom. The good type motivates you to see what can come of it: 'fructifying boredom,' as the philosopher Bertrand Russell called it. The bad type, in contrast, tires you and makes you feel like you can't be bothered to do anything. (That has a name too: lethargic boredom.)

A crucial part of our modern task, then, is learning to assess these different flavours of ennui – to distinguish the useful kind from the stultifying. (Glancing at your phone in an idle moment isn't always, or even often, a bad thing.) Boredom, it turns out, may be super-interesting.









a well-selected playlist of rap and hip hop, which featured tracks made by his friends in the industry – Pharrell, Jay Z and Chris Brown.

His good taste in music is well known, and also extends to fashion. Hamilton confesses that he has always found fashion interesting and fun. He wore a standout look to this year's Met Gala and cuts a fine figure in tailor-made suits at awards ceremonies – like in 2008 when he received the Laureus Breakthrough of the Year award, or in 2014 when he won the BBC's Sports Personality of the year and British *GQ*'s Sportsman of the Year awards.

Back on the track, Hamilton has had to work hard to maintain his position, challenging his team on several occasions. Just a few days after this interview, at the Monaco Grand Prix – the circuit he finds most imposing due to the layout of the track – he had a setback with his team's strategy at the pits, which left him in third position on the podium. Commentators, fans and racing drivers Nico Rosberg and Sebastian Vettel, who won the points that day, watched in awe as Hamilton, visibly upset, stepped up onto the podium like a true professional.

Hamilton confesses that he prefers to leave emotional reactions for the times when the cameras aren't around – like with the declarations about his breakup with singer Nicole Scherzinger.

With the photoshoot wrapping up, Hamilton says: 'I have fun doing these things; it's something I've become more and more interested in, and it gets me out of my routine.' Watch out for him off the track in his 'brief, but funny cameo' in Zoolander 2. 'I'm myself, very elegant on a catwalk,' he laughs.

GQ: What are your thoughts on fashion? Lewis Hamilton: I'm just a beginner in matters of fashion – I started to become interested in it when I was 25 or so, and

'Racing is a team sport, and you have to trust that we're each doing the best job we can.

Even in the most difficult moments, you have to stay motivated'

now I like being able to recognise a good item in magazines. Before I didn't quite understand the significant effect it can have on people's perception. Now, the way I dress is as important as my work; it defines my personality.

GQ: You are leading this season. What's on your mind when you start a race?

LH: The greatest challenge is to stay in the lead, no matter what, always bearing in mind that it's a team sport and therefore you have to trust that we're each doing the best job we can. Even in the most difficult moments, you have to stay motivated. Every now and then I remember I come from the first black family in the business. We had serious financial difficulties, and the challenge back then was to keep the sponsors – especially McLaren. I was really focused on behaving, speaking and competing in a way that would ensure them of their investment. Those were times that shaped me forever.

GQ: When did you decide to begin racing professionally?

LH: I've wanted to be a racing driver since I was five years old, but it wasn't until 1995,





when I won the British Cadet Kart championship, that I really felt I had a future in this. Even when I was just 14 years old, I hoped to achieve something big in this business.

GQ: It's been 21 years since Ayrton Senna passed away. What would you say to your idol today?

LH: To be honest, I don't know what I would say to Ayrton today – probably that I'd like to compete against him. That would be the best way to get to know him, racing one on one on the track.

GQ: 'Powerful beyond measure' – what does this phrase mean to you?

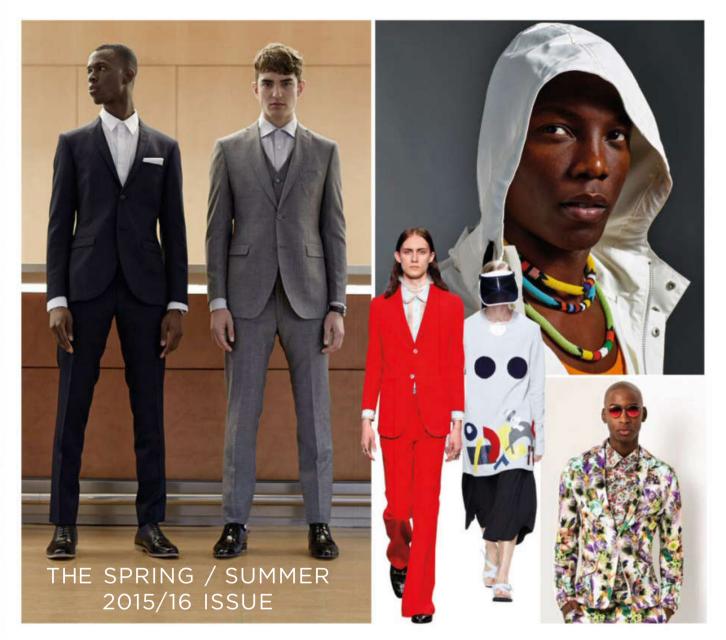
LH: My dad has always been a great inspiration; his words ('Never give up') still guide my life. But I've tattooed this particular phrase by activist Marianne Williamson on my chest to remember, among other things, what my greatest fears are. And it's true – I am powerful beyond my own understanding. It is something my religion has taught me, through the ups and downs in my career.

GQ: How does a F1 driver keep in shape?

LH: People think it's very easy to get in a car and go, but it requires a lot of physical training. Due to the G-forces generated during acceleration, the physical toll is brutal, and we have to maintain a specific weight by doing cardio and lifting weights. But the most important thing you need to look after is your heart. Your heart rate can climb up to 170 beats per second in a race, and that can be lethal. Another thing to consider is your neck – we have to strengthen it with certain exercises to overcome stress on the track. >>

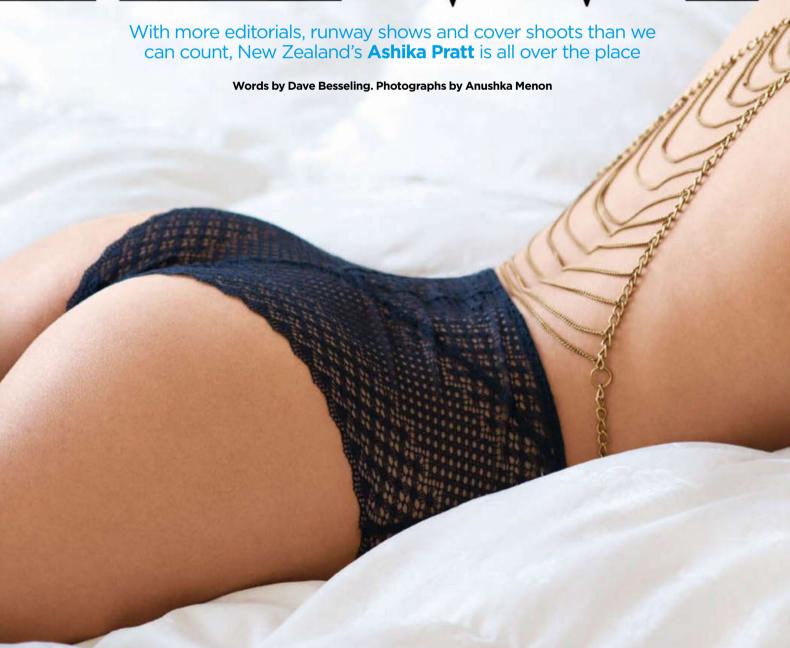


FASHION • TRENDS • GROOMING INSIGHT • PROFILES • OPINION

















The Leader of the Opposition has been in his job for nearly six months now. It's been a period of upheaval: time spent in airports and on planes, raising funds, making rousing speeches in Parliament and keeping a high profile on social media. Here he talks about performing a political balancing act, his plans for attracting new voters at next year's elections, and the cultural difficulties of tackling an opponent old enough to be his grandfather.

Interview by Craig Tyson. Photographs by Gavin Kleinschmidt

ome say Mmusi Maimane's job is made easier for him by a ruling party that is doing all it can to prove the dictum that absolute power corrupts absolutely. Perhaps the ANC is imploding because of its repeated mistakes, but, more likely, it isn't.

The DA leader knows that no matter how many times the words 'power failure' are thrown at the government, defeating it at the polls is a huge ask, given South Africa's history and the history of his own party.

The government has made it clear, many times, that it intends to rule 'until Jesus returns' – or some such undisclosed date.

With 22 per cent of the national vote compared to the ANC's 62 per cent, the Democratic Alliance has some way to go before it can make a serious challenge for power. But it has momentum going next year's local government elections.

In Parliament Maimane has been in attack mode, railing against a ruling party for its disrespect of the Constitution and the rule of law. His speeches have rattled his opponents, whose defensive rebuttals have sounded all too hollow.

He has expanded the party's social media strategy, honed by his predecessor Helen Zille. Her 748 000 Twitter followers and his 186 000 together make a formidable marketing platform.

Mmusi Aloysias Maimane certainly talks the talk.

'All of these journalists apologising – why? 'It must be the corrupt thugs of politicians who should be apologising to SA for stealing our money.'

'The Presidency, under a DA government, will look a lot different. The President's powers would be substantially limited, and there would be greater accountability.'

'This government has become the enemy of freedom...'

'The days are numbered for the ANC.'

As I say, he gives good sound bite. His speeches have polish and power. But does the man who once worked for the church – and whose parents were ANC people – have the nous to pull off a political victory, which is his stated intention?

If politics is the art of the possible, is the new leader wasting time on impossible tasks – like calling for the president's impeachment? Does he believe the DA can defeat the ANC at the polls? And when does he envisage this happening? In our lifetime, or in another man's? Would the ANC even accept defeat, and how does he plan for such an event?

Does he walk the walk?

I spoke to the DA leader on a wintry day in Cape Town at his parliamentary office. He was seated beneath a portrait of Nelson Mandela, done by a good friend of his. 'I love that painting,' he says.

How have things changed since 10 May?

'My life has changed; there are great opportunities to do things. There's something that psychologically changes when you are the guy where the buck stops. It has made me more buoyed, more encouraged to take risk and more owning of the task. You get the privilege of being able to shape the organisation, but whatever decision you take becomes the outcome of the organisation. That is the risk. One of the responsibilities of the job is raising money for the campaigns. I go to sleep at night worrying about this.

'I spend three days in Cape Town, four elsewhere, mostly in Jo'burg. I was in Italy, Berlin and London recently. Since the tenth of May, my home has become the airport and the plane. It's not been easy with two little kids. They don't care too much about it though. I asked my four year old son Daniel what he thought of our congress and he said it was very loud.

How do you relax?

'It's sport. I train at the gym. I do boxing. I read a lot; I watch a lot of SuperSport Blitz. I catch up on sport. Football, mostly.'

What do you think about a dress code for Parliament?

'Your style of dress should represent the people who vote for you. Parliament is where the people's business gets discussed. I think you must reflect whoever votes for you. I don't think the institution can set >>>

MAIMANE

what people must wear. If people want to vote for people who wear red overalls, that's their decision – they must feel comfortable with that.'

You've said you 'have a good sock game'. How important is fashion to you?

'Fashion is aspirational – it's about stepping up and raising your game. There's something significant about that. I find fashion in general quite intimidating. My programme coordinator Janine Schouw used to work as a stylist – I fear her the most. I have banners [that read]: what would Janine do? But I do believe that if you look good, you feel good.'

Is there a place for good manners?

'I used to look up to teachers in my street and hope I could be like that to other kids. If we had a society where rules didn't matter, that would be a society with problems. When I think about other political parties... you can disrupt Parliament and destroy it, but you're setting a model elsewhere – and that can be quite dangerous. Things can get out of control.

'One of the toughest decisions I had to make was how to address President Zuma, who is old enough to be my grandfather. I've often thought carefully about how to address him. I've got social and cultural issues to manage – I have never addressed him as just Jacob Zuma; it's President Zuma. It's about showing respect. There are cultural difficulties. It was tough calling him a broken man. I did it because he had failed to come to

Parliament a few times. I was frustrated and quite angry about that. Even then I spent time saying, President Zuma,

'Our real goal is to be national government and I almost obsessively drive the party towards that'

I think you are a dishonourable man. It's a balancing act. You need to get your tone right. It was tough.

'Another thing about respect – I'd never a do a big speech in Parliament without a tie. I get the tie and the whole Westernisation thing, but I understand that [wearing] a tie is about being respectful. We don't have a dress-code policy but I take it quite seriously if someone arrives at work wearing shorts, as if it's a holiday.'

How important is technology to you?

'It's a massive dynamic of our job. There's no DA event that doesn't have a social media business plan to it. We tweet, we live-stream. It gives us amplification without the cost being driven up. If I release a statement today, it will be broken down into tweets. The other day I tweeted something while I was in traffic and it was picked up as a news story. My campaign manager Mabine Seabe tells me not to tweet about particular stuff.'

There's an element of humour to your tweets. Is that calculated or just who you are?

'It's a bit of both and it's a result of who we are as South Africans. I think we laugh about most things; we have humour that translates – sometimes not on social media, but I do get funny questions. My father never distinguished between any person. He was always accessible, and I've inherited that. It's one of the things I am deliberate about – that there are no barriers. My job is to be accessible to people, rich and poor. Politicians sometimes end up becoming distant. I like to break down the limitations.'

On early influences and influencers:

'I can't underscore the value of education enough. One of the people who most inspired me was a Catholic nun at my primary school in Dobsonville. She was an ANC activist and hid many people who are ANC speakers today. She had a deep faith but a strong sense of black consciousness. She would say, you are black and strong and good enough to compete with anybody. Sister Christina Motloung was phenomenal; she had a profound influence on me.'





GQ Editor Craig Tyson with leader of the Democratic Alliance Mmusi Maimane, in his office in Parliament.



South Africans, which will have its own consequences, one of which is [that] people may see the new DA as something that does not appeal to them. The challenge is to make that leap, so we can find new markets. It's the famous conquering of the Aztecs, the notion that we've got to burn the boats, that we can't entertain the idea of going backwards. There might be some who want to pull us that way because it suits them, but we can't go back there. We are an inclusive party for all. Our heritage stems from parties like the PFP that sought to create an opposition mentality. Now we need to own the fact that we could be a party of government nationally.'

Can the DA defeat the ANC in 2019?

'Look, our first job is to obviously win at next year's elections, to do well and win in the areas that we can. 2016 is a big year. The ANC, by its own admission, recognises that as a party it is facing deep structural challenges. They can't sustain the broad church mentality; their branches are falling apart. Equally so, when liberation movements in Africa lose power, it happens quickly, not incrementally. We saw that in Gauteng, where the ANC had a comfortable 64 per cent majority that dropped to 53 per cent. We grew to 30 per cent. It's a bold and audacious goal, but it's possible to push them to below 50.

'A Gauteng victory would push us to govern outside the Western Cape – that's psychologically important. It would put us in charge of two big metros, three if we do well in Tshwane. That would represent two thirds of the GDP and put us in economic management in a significant way.'

Will the ANC ever voluntarily give up power?

'We had a problem in Oudtshoorn, where they lost the election and refused to hand over the keys. It's ongoing, that one. When people say the ANC is corrupt, that's a misnomer: not everybody in the ANC is corrupt. [But] we have to win sooner rather than later - that is the safeguard. If we can get it entrenched into the culture of South Africans that a party can lose elections and then work hard to get back in again; if we can create that and let that culture be entrenched sooner rather than later. If we were to wait ten years, then our private sector would become smaller, which would make the job of opposition much harder - the government can control the media and whatever is left of the private sector, which means fewer people are able to finance your campaign.



'If you look at the rest of Africa, you'll see that opposition parties get destroyed. More critically, if politicians feel that they can't find work elsewhere, that the only jobs they can find are in government, then sooner is better than later. The chance of them refusing to hand over power is always there but it becomes increasingly so the longer we wait.

'The DA went through a significant change in leadership. The ANC can either go with the change or keep the status quo. But their decline in key sectors electorally must be a worrying sign for them.'

On Zuma running for a third term against the Constitution.

'It wouldn't surprise me. President Zuma has had a strong history of not being able to abide by the Constitution. It would be a constitutional violation and we would fight that in every way possible.'





On corruption and Nkandla:

'Nkandla is not the most corrupt project the ANC has: it is one-hundredth of the amount of corruption. But what Nkandla symbolises is that the President can get away with it publicly. Nkandla is a rallying cry and a symbol for all the corruption.

'I really think that in some respects the ANC is broken beyond repair. There are some good individuals but they don't really have power. If you don't believe me, ask Trevor Manuel. It is irredeemable.'

On the state of Eskom and load shedding:

'Eskom's biggest crisis is their cash flow. That's why they're trying to raise electricity prices. So the first instance is to sell equity out of Eskom to deal with the short-term cash crunch, so the consumer doesn't have to pay more. Secondly, Eskom has to lose the grid. Let it be responsible for the build programme, and for selling some aspects of energy. But other independent power producers need to come on board to sell solar energy to the grid. In the medium

term, we need to look at how to capacitate independent power producers so that Eskom is not entirely state owned. In short, Eskom must fall.'

On the nuclear plan:

'We can't afford it. It's a one-trillion-rand deal. At one trillion, SA's complete budget would not cover it. If we learn the lesson from Greece - a government with an unhealthy appetite for spending money we will end up with debt defaults. SA can't afford it. We have other priorities, and why on Earth would you commit to a technology that would only come on stream in ten years' time? It's just Zuma trying to play nice with the Russians and trying to create a cash supply for his own political interests. Strategically, we are not making the best decisions.'

On threats to our freedoms:

'The Constitution is under threat: it's an incremental process of destruction. The Omar al-Bashir matter is an example of where the principal of the separation of powers becomes violated, where Parliament gets left in the dark, and where a member of the Executive can ignore the courts; it undermines the rule of law. We see it in Parliament - the signal jamming was a paramilitary operation and that's the Executive colonising Parliament.

'Our freedoms are up for grabs - the freedom of speech and others. President Zuma has said it before: the ANC is above the Constitution. We must not take for granted that our Constitution will always be protected. It's quite clear that if you are powerful, you can abuse that power.

Are you up for the fight?

'I wouldn't be here if I didn't believe I was up for the fight; I am buoyed by it. I love being in the ring, as crazy as it all is. It's tough and people don't fight fairly. But jirre! I wake up in the morning asking for more. Sometimes you don't choose the moment: it chooses you. One of my favourite quotes is by Winston Churchill: "To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour."

'Someone once asked me: do I hate Zuma? Actually, I don't. I really love South Africa and if I felt people were not helping there, I would be up for the fight. I enjoy what I do.' @

515, 583539 Konson DO Make an effort and dress nicely, but not formally - it's not a funeral, But that Ed Hardy T-shirt you've been hanging on to is not right for parental viewing, or any occasion, ever. **DON'T** Get drunk. Seriously. Even if you're getting stuck in, no good can come of smashing two bottles of red and doing Know what they'd your 'De Niro'. It's not as prefer to be called. good as you think. Are first names fine. or is it strictly Mr and Mrs? 'Steeeevo' or only ever 'Steven'? The GQ

From buying a spanking new car, to initiating a sexual fantasy, here are a few handy tips on getting things right the first time - because you might end up doing them again and again

Words by Jake Millar

Meeting the parents

Every couple is different when it comes to taking the parental plunge. But depending on how serious your relationship is, how far away they live, or how close your other half is to madre and papa, you'll have to bite the bullet at some point. Want to look like marriage material? Follow the lead.

DO

- Compliment the mother on her hair/outfit/ jewellery. Just don't go overboard or it'll look just like you're trying to, ahem, climb the family tree.
- Quiz your partner on their folks, so you have a bit of material to work into conversation. Or avoid. Hobbies, careers, what they hated about the last boyfriend, that sort of thing.
- Heading out for dinner? Check the restaurant menu beforehand, so you're not blindsided. Best yet, choose somewhere you're familiar with so that you can recommend a couple of dishes you know.
- Take the initiative with the wine list and make suggestions, but ask everyone what they feel like before pulling the trigger.
- Go easy on the PDA. No one wants to watch their daughter sucking face with some dude they've barely shaken hands with.
- Be yourself. Don't drink wine? Just say you'd like something else. That, or risk a lifetime of choking back Pinot Noir when all you want is a nice pale ale.
- Pay the bill.

DON'T

- Check your phone. Your Instagram followers can wait.
- Order anything messy. Nothing says 'future son-in-law' like watching a grown man tuck a napkin into his shirt and wrestle a pair of lobster claws.
- Mention anything contentious religion, politics, a mistaken belief that Two and a Half Men is good.
- Lie or exaggerate about your job or interests. It will only come back to haunt you.
- Forget to bring a gift if you're meeting at home instead of a restaurant. A bunch of flowers or nice bottle of wine is the way to go.



Making a big wardrobe investment

So you've just received a tasty bonus, or a great aunt (you barely knew) popped her clogs and left some cashola. Either way, a quality wardrobe staple is a great way to invest a bit of extra money: think a bespoke suit or a great pair of shoes – pieces that'll never go out of style. Here are some things to consider.

particularly bags

- Ignore trends.
 Unless money's no object, think of these as the foundations of your wardrobe items you can wear no matter what style is 'in'.
- Check with the store to see if there' a warranty. Many labels let you return items for replacement or repair if faulty -
- or shoes.
 The salesperson is not your friend, so bring someone who'll tell the truth. If it's between getting a fat commission and you leaving the store looking
- going to lose out.

 Shopping online is great, but nothing

like Mickey Rourke,

beats trying something on in store. Then again, if e-tail is the only way you'll go, pick a site that lets you return it for free if it's not quite right.

Don't justify spending big by saying you'll resell it. Let's face it - you won't, or you'll love it too much to ever part ways.

Indulging in a ménage á trois

When it comes to sexual fantasies, having a threesome is certainly up there. Safe sex is a must, but then what? Whether it's guys or girls, Gia Ravazzotti, a relationship counsellor at Conscious Intimacy, will make sure you avoid any awkwardness.



HAVE A FRANK CONVERSATION

Before you even get down to business, it's best to know what, you want from it and why. 'Be clever about the motivations,' says Ravazzotti. 'Explaining why you want a threesome prevents your partner from making assumptions.'

CHOOSE THE THIRD PARTY

'For a first time, definitely go for a stranger,' she says. 'If you have one with a friend, then there's a high chance that relationships could be ruined. It should be someone who you both find attractive and feel comfortable with - most couples have their first with someone they don't know.'

GETTING STARTED

'Communication is vital. Frequently check in with each other to see that everyone is feeling good and enjoying it. If anyone gets uncomfortable,

make sure they say so and it's dealt with appropriately.'

AFTER IT'S OVER

Keen for more? Or not so much?
Ravazzotti says it's best to play it by ear.
'Sometimes partners are surprised by how much they enjoy it, while the initiator may realise that it's not for them. If one partner doesn't want it to happen again, but the other is desperate for more, counselling might help.'



First day back at the gym

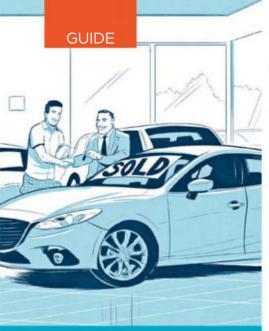
Maybe you've been on holiday – or just too lazy to work out for a few months. The good news is it's not too late to get back on the (pommel) horse, especially with these pointers.

• Take it easy. You don't need to impress anyone - this first time is more about establishing a routine. Overdoing it would mean you're less likely to head back.

Speaking of, the

- best way to ensure you go regularly is to make it a ritual if you only train when you feel like it, you're asking for trouble. Eat beforehand so you're not running on empty. Avoid going at peak times fewer people are around and you'll feel less self-conscious. Mid-morning or mid-afternoon are the best bets.
- Monitor progress.Nothing incentivises

- you to get fit like seeing results firsthand. Set goals to tick off as you achieve them.
- Take a friend and commit together, so you have someone to offer encouragement, should motivation start to lag.
- Put together a playlist of favourite songs or other upbeat music that fits with your workout and spurs you on.
- Try to figure out what made you stop last time to prevent the same thing from happening again.



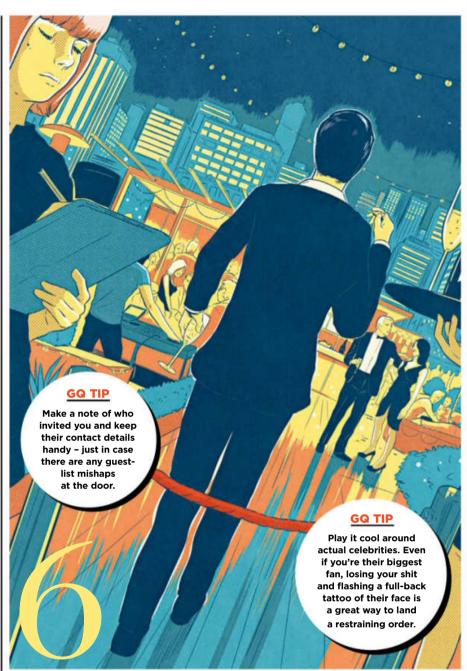
5 Buying a brandnew car

Short of passing your hard-earned on to Bernie Madoff, stumping up for new wheels is a financially fraught idea. But don't let us deter you. Driving an '87 rust bucket is fine for uni years, but nothing beats the thrill of that fresh new-car smell. Keep telling yourself that anyway. And keep all this in mind.

- Research is key.
 Read as many reviews
 as you can, and get
 a quote from at least
 three dealerships
 before you settle
 on a model
- Keep in mind your car's resale value.
- Tell the salesperson you're only looking, to avoid feeling pressured into purchasing anything.
- Go for a 30-45 minute test drive in a model as close to the one you have in mind don't try an automatic if you want a manual and take a friend.
- Avoid unnecessary extras. Factory-fitted safety features are worth having, but extended warranties can be selective in what they cover, or may include conditions like 'being

by the dealer'.

- Ensure all accessories are fitted before you drive off, as it can be tricky to get this done
- The date on the compliance plate might not be the same as the build date. The build-date plate will tell you the year it was made.
 Make sure that
- your contract is complete. Things like a car's colour or delivery date may seem trivial, but unless it's in writing, you're at the mercy of the dealer.
- Make sure your insurance package has you covered third-party-only cover is cheap, but will only cover damage to another vehicle. Get comprehensive



Attending a very big VIP bash

Who wouldn't want to rub shoulders with the rich and famous, while sinking all the free booze you can lay your hands on? It's the stuff dreams are made of – or Lindsay Lohan's dreams, at least. With our help, you'll be on the A-List in no time.

- Pay attention to the dress code – don't be the only pair of jeans in a room full of penguin suits. And don't turn up in a tux if the theme's 'Riviera Chic'.
- Eat before you get there even if it's just a snack. That way, if the food takes a while to come out, you wont be slurring by the first rotation of arancini balls.
- Don't be early or too late. If an event runs from 6-8pm, get there by 6:30pm, in case there are any speeches. If the party will go on late, plan to arrive within the first hour.
- Don't be weird about getting your photo taken. Organisers pay photographers to capture the atmosphere, so if they want a pic, take it as a compliment, smile and oblige.
- Mingle and introduce yourself to people. It's a networking opportunity and a chance to make social connections not just a piss up.
- Being the last person to leave is not cool, so realise when it's time to go, and thank the hosts on the way out.
- Ten new things for you to try on **GQ.co.za**

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IT'S MY TIME.















Glitterati gilet R200. Edgars shirt R230. H&M trousers R599. Glitterati hat R300. Tom Ford at SDM Eyewear sunglasses R4 800. Glitterati tie R100, tie pin R95. Topman belt R259. Merchants on Long springbok cuff R3 375

Opposite, from left:
Toyin wears
SuitSupply threepiece suit R6 499.
Trenery shirt R699.
Emporio Armani at
S Keren watch
R6 999. Kingdom
scarf R650

Yannick wears
SuitSupply threepiece suit R6 499.
Woolworths shirt
R350. Glitterati tie
R95. pocket square
R75. MJ Collection
bracelets R950,
R450. Missibaba
bag R6 250





















the simplicity of that design.

Since then, Tysander has built a global company around

GQ: The Swedes are renowned for their minimalist style. Is there anything specific about the country or culture that you attribute this to?

Filip Tysander: I think practicality and function play big parts in the everyday life of the average Scandinavian. It's not in our nature to over-accessorise with flamboyant things. Also, the subtle and attenuated colour palette really works well with all those winter months.

GQ: How do you manage to create this look while still retaining artistic details and subtleties?

FT: It's all in the details - they make all the difference. A different watch hand or a slightly whiter watch face could change the entire look of a watch.

GQ: How do you balance creating new designs that are different, yet true to the brand?

FT: We don't rush the creative process that's behind the development of new models. I want to be proud of everything we create. It's important not to compromise one's creative vision just for the sake of bringing in new models and collections.

GQ: Now that you can get far more affordable timepieces, do you think that there's any value in owning a steeply priced heritage brand, besides the prestige?

FT: I'm fascinated by the amazing work and



Clockwise from top: Classic Sheffield R4 500. Grace Glasgow R4 500. Dapper Bristol Silver R5 900. Classic Cambridge Silver R3 900

craftsmanship that is out there. Rolex and Patek Philippe in particular stand for these qualities. As far as our own development goes, nothing is precluded, but it isn't anything we're focusing on at the moment.

GQ: Your watches are a combination of English prep and Swedish minimalism. Are there any other cultures you'd be interested in merging?

FT: The preppy vibe in combination with the minimalistic look is the core of our brand identity when it comes to the designs. Quality will always shine though in the DW watches but I always enjoy exploring new ways of incorporating things that inspire me. It could be everything from architecture and everyday items, to the people around me.

GQ: You filled a void in the timepiece industry - how would you like your brand to be remembered?

FT: I'd like people to look back at our first vears in business and think about how far we've come in such a short period of time. What started out just a few years ago in a small basement in Uppsala, Sweden, is now an international phenomenon. It's been an amazing journey and what's even more exciting is that it's only just begun.

GQ: You've been hugely successful across social media. How has that affected your brand?

FT: It's a given that we always want to be at the forefront when it comes to how we market the brand. An active approach in social media felt very natural from the start and it absolutely still plays a great part in this.

GQ: You've made your watches accessible with free worldwide delivery. How has this been received?

FT: Accessibility is one of the most important factors for us. Even though more than 40 distributors represent us at the moment, we still want to cover the rest of the world. For us it's crystal clear to make our collections available worldwide. Delivery is one of our core values and it's something that we work with every day to make as good as possible.

GQ: Besides a good watch, what other essential everyday wardrobe items should a man invest in?

FT: Except for a great watch. I'd have to say good quality leather details: it could be shoes, gloves or a belt. The little things could enhance an entire look.

GQ: What are the pillars of good style?

FT: Besides a great fit and creativity, staying true to your own identity. The personal factor goes hand in hand with creativity and it is when you embrace them you could truly shine - it's all in the details! GO

'It's all in the details - they make all the difference'

The T-shirt needs help. Because the cotton crop it's made from absorbs thousands of litres of water. WWF is helping farmers grow thirsty crops, like cotton, rice and sugarcane, more sustainably with less water. This takes pressure off freshwater ecosystems, benefiting people and nature. We also help businesses understand the amount of water in their raw materials and final products, so they can be more efficient, and look after nature as well as their bottom line. Help us look after the world where you live at www.wwf.org.za Zambezi river.



he son of Hollywood legend
Clint Eastwood isn't relying on
the family name to carve his
own path in the industry – his
modelling career led to film roles in *Suicide*Squad and Fury. The new face of Davidoff
Cool Water tells us how he chills out.

GQ: The ocean is an escape for most people. What is it about the magic of the ocean that draws you to it?

Scott Eastwood: I think there's something bigger at play here, something really mysterious, and something we as humans can't really explain. There's definitely an unspeakable bond between man and the sea.

GQ: We hear you're a natural at almost any water sport – besides California, what other breaks or dive spots are you particularly fond of?

SE: I've travelled all around the world... to Indochina, Bali, Java, Singapore, Thailand, Cape Town, Iceland, Mexico, you name it. I've surfed and swum in all of those waters, so it's hard to say that I have a favourite. I've just been lucky enough to experience so many different wonderful places.

GQ: To what do you credit Davidoff Cool Water's success over 25 years?

SE: It's a great product that's branded well, and Davidoff gives back. It has an excellent relationship with National Geographic, which is so important. I think it's great when a brand actually supports the causes it talks about.

GQ: Was it a big drawcard to work with a brand that has such projects in place?

SE: Yes, definitely, it's a huge draw, because I'm passionate about ocean conservation, and I wanted to be associated with a brand that supports this. A lot of countries out there overfish, pollute, and just treat the oceans like crap, and it's up to us to protect them. So it's obviously been important to be part of a brand that supports this global issue.

GQ: Between helicopter piloting, surfing and bull riding, where does your drive come from?

SE: You only get one life, and I want to live an extraordinary one. You get 80 or 90 years on this planet, if you're lucky, and I'm already 30. There's still a lot more that I want to do.

GQ: Films based on comics have surged in popularity. Are you excited to be a part of *Suicide Squad*?

SE: Yeah, I'm working with David Ayer again, who I worked with on *Fury*. I think he's a great

director, and I was honoured that he asked me to be part of this movie.

GQ: If you could only do three exercises in the gym, what would they be?

SE: Pull-ups, pushups and squats.

GQ: Define #Eastwoodlivin.

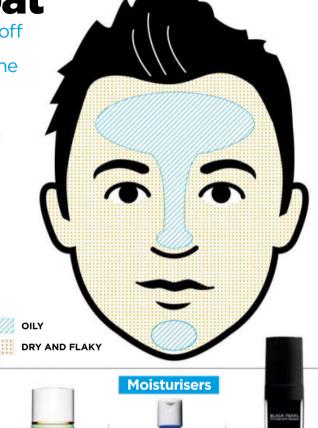
SE: Not making decisions based out of fear... I think most people make fear-based decisions, and I don't like that decision-making process.



Combination combat

How to fight off two skincare attackers at the same time

COMBINATION **SKIN SOUNDS** KIND OF **SPECIAL; SOME SORT OF TWO-FOR-ONE DEAL WE'D WANT** FROM A DRIVE THROUGH. But it's also commonly misunderstood in skincare. Step aside for a second and we'll clarify: when parts of your face are dry or flaky, and vour T-Zone (forehead, nose, chin) is oily, you, my friend, have a combination of both dry and oily skin. Enter our pick of solutions to help combat and rebalance your dilemma.



Cleansers



Clinique Comforting Cream Cleanser 150ml R250



LARIN

Clarins Hydra-Matte

Lotion

50ml R395

Vichy Normaderm Cleansing Mattifying Foam 150ml R290

Scrub

Kiehl's Ultra Facial

Oil-Free Lotion

125ml R355



Eucerin Dermo Purifver Scrub R120

Toner

Black Pearl Light

Day Cream with

SPF25 R814



Dr Hauschka **Clarifying Toner** R422

lwavs remember

Caring for combination skin is a balancing act which must take into account the opposing needs of two very different skin types

- 1. On one hand, moisturising care for the dry areas.
- 2. On the other hand, regulating care for oily areas.



SkinCeuticals Resveratrol BE 30ml R 2 300 Dose with a night concentrate that boosts the skin's antioxidant defence system to repair and prevent damage.

Tipping the balance

Recommendations from the skin pros at Dr Hauschka on treating combination skin



► Stay away from oil-free mattifying products that cause the dry areas to become even drier and the oily areas to ultimately produce more oil to compensate for the dryness.



▶ Keep your routine simple and stick to it. Don't further confuse your already confused skin with loads of different lotions and potions.



► Thoroughly cleanse without ever stripping the natural protective acid mantle. Wellcleansed skin is breathing skin, which allows it to self-regulate and balance itself.

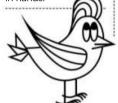
Create pomade hair styles that won't leave you looking greasy

WE'RE HERE TO CLOSE THE **GAP BETWEEN** THE POMADE LOOK YOU PINE FOR AND THE ONE **YOU'LL ROCK** ON THE **BEACH ALL SUMMER**

(because there's a big separation between runway and reality). The pomade pros at Byrd Hair give us the low down on how to apply the goop.



Scoop out a R1-sized amount of product and rub it in between your palms until the product is warm and evenly spread in hands.





running your hands from back to front, working it in, down to the roots. Then do the same from side to side, and finish with back to front.



Once the product's in, use a pocket comb for slick styling power.

Choose between:



label.men Sculpting Pomade R260



Mitch Barber's Classic R290



Baxter of California Clav Pomade R310



Byrd Light Pomade R300

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Get ahead

Shampoos to suit your special locks

hoosing a shampoo is not as effortless as finding a daily soap you like. Washing your hair is about finding something that caters to the head you've been handed down through your genes. Fortunately, there's something for everyone, and using a product that's been designed for your hair type or condition is a sure way to give your hair the best it can get.











THE ICEMAN

How do you prepare the body and the mind for the most extreme environments known to man? Just ask ice swimmer **Lewis Pugh**

Words by Nick van der Leek. Photographs by Kelvin Trautman



ewis Pugh's ice-breaking Arctic swim in 2007 took him just under 19 minutes to complete. In a recent Ted Talk, he admits it felt like 18 days. 'I remember getting out of the water and my hands feeling so painful.' His fingers had swollen to the size of sausages. 'We're made partially of water; when water freezes it expands, and so the cells in my fingers had frozen and expanded and burst. And the most immediate thought when I came out of that water was I'm never ever going to do another cold-water swim in my life again.'

But in 2009 Pugh went to Everest region of Nepal to swim in Imja Tsho, a lake created by glacial melting and one that poses a threat to communities living downstream should it flood. The shallow lake, a cauldron surrounded by ice, lies 5.3km above sea level. That's almost as

high as Mount Kilimanjaro. To make matters worse, Pugh's date with destiny coincided with a local campaign to clean up Mount Everest, and he witnessed the endless line of corpses which were carried down the mountain on the backs of yaks.

'I realised [after the first 100 metres] I had a huge problem on my hands,' Pugh says of his swim. 'I could barely breathe. I was gasping for air. I then began to choke, and it quickly led to me vomiting in the water.' Pugh found himself sinking beneath the surface. 'Luckily the water was quite shallow, and I was able to push myself off the bottom of the lake and take another gasp of air. I carried on for another five or six strokes and then I had nothing in my body.' He had sunk to the bottom of the lake again. 'I don't know where I got it from but I was able to somehow pull myself up.' It was all he could do to keep his panic

and fear at bay. 'I got myself to the side of the lake, my crew grabbed me and we walked as fast as we could back to camp.'

During the debriefing, Pugh's crew told him to forget everything he'd learnt in the Arctic. To succeed here he would have to do the swim slowly. And so he did. Swimming breaststroke, he was able to reach the other side of the glacial lake.

This year, Pugh was at it again. 'The coldest swim I've ever done is the one I did [in March] in the Bay of Whales in Antarctica. The water temperature was -1°C, so not the coldest water I've swum. But the air temperature was -37°C. And the wind was blowing at 75km/h. I'll never, ever forget: I took a stroke, I looked at my crew, and a wave crashed over them. I took another stroke, put my head up and the water had caked; it had frozen instantly on my team.'

Training for cold water swimming

We never train in those conditions; they're just too dangerous to train in,' says Pugh.

'I love to go to the Sports Science Institute in Newlands [in Cape Town] in the morning where I'll do 3-4km.' He's coached by 83-year-old swimming coach Brian Button, whom Pugh describes as 'a legend'. There's no such thing as a typical session, because Button 'mixes it up a lot'. But a 400m warmup and 100m intervals are staples. 'Brian normally gives me less than 10 seconds of rest between intervals.'

A surprising revelation is that Pugh's primary armour against the ice is pure muscle, so his main prep is done in the avm. not the pool. 'It's a range of motion stuff; pretty decent weights. Everything from biceps, squats, lots and lots of pushups... it's just to get your body strong and robust.' Pugh says he can do about 20-25 pull-ups at a time. He also exercises on a Wattbike. Grinding it out on the bike is 'great cardio' and after 90 minutes he 'can barely walk'. Pugh planks between gym sets, with each plank lasting an excruciating two minutes.

'I work with Steph du Toit, who coaches the Stormers team. He's their conditioning coach at the High Performance Centre out in Bellville. We do a lot of weights. The reason

for that is because muscle is a very good insulator against cold. People think fat is good but muscle is very, very good.' Not that fat is verboten; Pugh says he normally weighs 87kg, but fattening up means he'll hit the water at a fairly hefty 95kg.

'I do a lot of that [gym work], but ultimately, when you're going to be swimming in cold water you've got to train in cold water. You've got to physically prepare for it by getting in cold water. In the run-up, I'm doing at least four sessions of cold water a week - about 3°C. These are short exposures for about 15-20 minutes.'

I ask Pugh if there's been any discussion with Prof Tim Noakes (who mentors him) about 'absolute limits', where it is unwise to flirt with the outer limits of human ability. 'We made the cutoff for all five swims 500 metres. You've got to get back onto the boat; you've got to start reheating. My longest swim was 11 minutes and 40 seconds. So it's slow... it's slow stuff in that water.'

Before wrapping up, I want to know Pugh's thoughts on anticipatory thermogenesis. If you've watched The Big Blue, you'll remember that Jacques Mayol meditated before his free dives. He did this to slow down his heart rate. Pugh's resting heart rate is a sleepy 50bpm. This means that, while underwater, the reserves of oxygen in his blood last that little bit longer. Is Pugh doing something similar when he prepares himself psychologically for his icy immersions?

'A lot of free divers do it. When you're swimming in cold water you have to do the exact opposite. You've got to get yourself

going to get into that water without, not wild aggression, but focused aggression.' It's been suggested that Pugh is able to fire up his core an additional two degrees before taking the plunge. Can he actually feel a fire rising in his belly? 'Yes, I can.'

The most dangerous part of the whole exercise isn't the swim - it's getting out of the water afterwards. There's no point using a foil emergency blanket as it will just blow away. 'We have a huge duvet on the bottom of the boat, and then I'm wrapped in another once I get onto the boat.' I'm assuming there's time for a quick dry-off, and that the duvet has been warmed first. 'The doctor actually sat on top of me, sheltering me from the wind and helping a little with reheating.'

What inspires Pugh to these extremes? 'It's hard to understand why someone would actually risk their life over an issue. And for me, growing up in the '80s and '90s in South Africa - everyone has their own stories had a profound impact on my life. And as a young lawyer, seeing the Constitution being written... where you had people who were prepared to die for freedom, for justice and equality, was big.'

Climate change, says Pugh, is our struggle we'll have to overcome. Weaning ourselves off fossil fuels is part of the solution, he suggests, as is controlling the worldwide population bomb. But how? 'Education, education, education,'

As a final thought I ask Pugh about his scariest moment. Was it when he was sinking

beneath the icy water in that glacial lake? Pugh is nothing if not surprising. 'No, I was really hyped up. I mean, there's no way you're in the Special Air Service.' 'When you're going to be swimming in cold water you've got to train in cold water. I'm doing at least four sessions of cold water a week about 3°C. These are short exposures for about 15-20 minutes' 126 GQ.CO.ZA OCTOBER 2015



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SuitSupply 010-500-9864

Spitz 011-707-7300 The Swatch Group

011 911 1200 021-4210155

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Ted Baker

011-450-1156 **Tiger of Sweden**

011-684-2010

021-421-9177 Topman

011-685-7070

021-419-5900

Trenery 021-405-4300

Vans 084-770-0057

031-566-1080

Woolworths 011-225-2000

021-415-3411



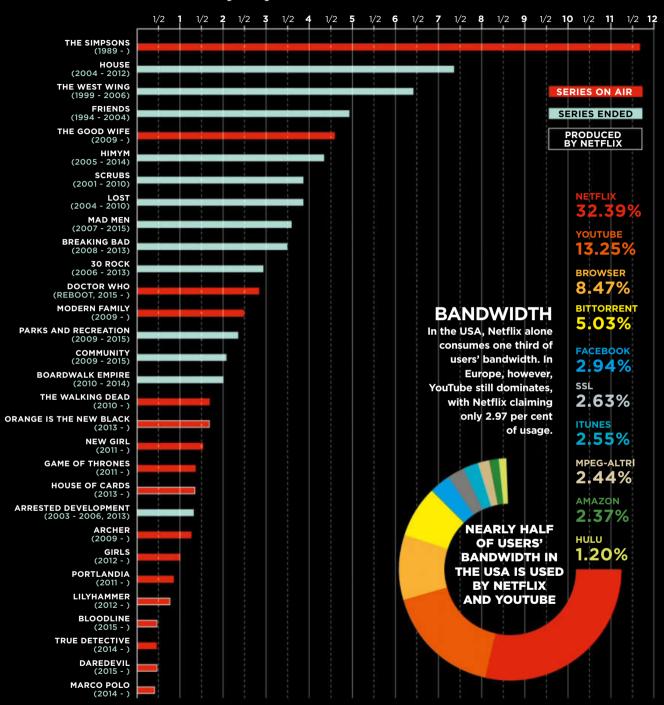
Premium fashion label Kurt Geiger launches three new stores across SA, where men will be able to shop the brand's new summer range. With a focus on seasonal colours, new fabrics and fresh designs, the range offers slim and straight-leg denims and chinos as well as bright shirts and golfers. [60]

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A guide to binge watching

How many days are needed to finish a series?



NETFLIX IS COMING TO SOUTH AFRICA

Prepare to cancel your plans forever

2016

The year Netflix is planning its SA takeover. Media giant Naspers has launched competitor ShowMax in response, with a promised 10 000 hours of entertainment for a monthly subscription fee.

64.8 million

The number of Netflix subscribers estimated in June 2015, 80 per cent of which are in the US, with others in 49 different countries. In 2020, Netflix estimates reaching 24 million users in Brazil and over 11 million in Germany.

\$5.5 billion

The company's turnover in 2014. When it launched on the USA's Nasdaq stock exchange in 2002, Netflix grossed \$150 million. It passed the \$1 billion revenue threshold in 2007.



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